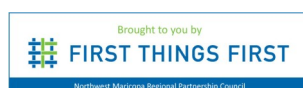


# Northwest Valley & Central Phoenix Resource Guide



**“A peaceful community considers the needs of each person important.”**

Brought to you by the following organizations:



# Introduction

*Having worked as a social worker in developing countries, I am often amazed by the quantity and quality of human services available to Valley residents and across the nation. Not only are basic needs provided for but other services as well such as mental health, parenting, and youth leadership. Refugees with whom I have worked are surprised (to say the least) that taxes and donations fuel so many services.*

*At the same time, we as human and health service providers often don't have the knowledge of the array of services in the Valley, and often come up short when working with our clients. We might be asked, "My daughter is using crack daily and living on the streets. Where can she go?" How we answer that question will depend on how much we know about substance abuse services and housing. If we are not able to provide an appropriate referral, imagine how this will affect the young woman and her family, as well as the community.*

*The Northwest Valley Community Resource Guide provides a good opportunity for learning about resources outside of what we already have knowledge of. The size of the guide is a testament to all the assistance available (Boundaries are generally: west of Central and north of McDowell). The challenge to each of us is to become acquainted with several social/health services in each area of the guide. Learn, for example, about transitional housing, addictions, and gay/lesbian resources if this is not an area with which you have knowledge. We never know what resources our clients will need.*

*Tobacco taxes paid for the resource book to be developed. I appreciate the opportunity to have devoted much time to the making of the book, and thank you to First Things First and the SNACK program for its support.*

*Please communicate to me any errors or changes that need to be made for the most accurate information presented. My hope is to revise the guide in 2011 and your input is very important. Thank you!*

**Adrienne Decker, LCSW**

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Safety, Nutrition, Activity, and Care for Kids (SNACK)  
[adriennedecker@mail.maricopa.gov](mailto:adriennedecker@mail.maricopa.gov)  
(602) 290-0058

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## Chemical Dependency

**Alcoholics Anonymous**  
**Phoenix- (602) 264-1341**  
**Glendale- (623) 937-7770**  
**[www.aaphoenix.org](http://www.aaphoenix.org)**

*Assists people in finding AA meetings; over 1,500 weekly in the Valley; linkage to other resources. FREE*

**Cocaine Anonymous**  
**World Services**  
**(310) 559-5833**  
**[www.ca.org](http://www.ca.org)**

*Information about Cocaine Anonymous groups nationwide and self-test for addiction to cocaine. FREE*

**Community Bridges, Inc.**  
2770 E. Van Buren  
Phoenix, AZ 85008  
**(602) 273-9999**  
**[www.CommunityBridgesAZ.org](http://www.CommunityBridgesAZ.org)**  
*Medically-supervised detoxification and relapse prevention for adults with substance abuse problems and those with a co-occurring mental illness; long-term outpatient programs for people in recovery and family members; CRAFT model used as an alternative to Al-ANON because it is backed by research and shows positive results; services offered in Winslow and Holbrook for Native Americans using "White Bison Wellbriety" techniques; long-term residential*

*treatment for pregnant and post-partum women with chemical dependency and serious mental illness; people in recovery for at least one year have opportunity for training and work as a peer support specialist. FREE*

**Corazón**  
**Chicanos por la Causa**  
3639 W. Lincoln Street  
Phoenix, AZ 85009  
**(602) 233-9747**

*Short-term (30 days or less) and long-term residential treatment for substance abusers. CALL FOR COST*

**Crystal Meth Anonymous**  
**[www.crystalmeth.org](http://www.crystalmeth.org)**  
*Website lists several dozen Crystal Meth—Anonymous groups Valleywide. FREE*

**Intergrup al Hispana, Inc**  
**2401 N. 32<sup>nd</sup> Street**  
**Phoenix, AZ 85008**  
*(Group meetings at various locations)*  
**(602) 957-7457**  
**[www.aagruposhispanos.org](http://www.aagruposhispanos.org)**  
*AA groups provided to Spanish-speaking adults. FREE*

**JAG Youth Center (Juvenile Alternatives in Glendale)**  
8581-A N. 61<sup>st</sup> Avenue  
Glendale, AZ 85302-5493  
**(623) 847-7040**

## Chemical Dependency

### **[www.TurnaNewLeaf.org](http://www.TurnaNewLeaf.org)**

*Provides to pre-delinquent youth and youth status offenders a walk-in crisis stabilization unit for up to 24 hours; 1:1, group, and family counseling; referral to appropriate resources; evaluation; mediation; aftercare services. FREE*

### **National Council on Alcoholism & Drug Dependence**

4201 N. 16<sup>th</sup> Street Suite 140  
Phoenix, AZ 85016

#### **Appointments—**

**(602) 264-6214**

#### **24-Hour Hotline—**

**(866) 836-8078**

*Information and referral; telephone crisis counseling; 1:1 and group counseling for people with chemical dependency as well as family and friends; public presentations; assessments, referrals, and case management for pregnant women who are substance abusers; residential housing program as well as outpatient treatment for women and children who participate in NCADD treatment. SLIDING SCALE*

### **Narcotics Anonymous**

**(480) 897-4636**

#### **[www.arizona-na.org](http://www.arizona-na.org)**

*Assists people in finding NA meetings and other resources; 24-hour hotline staffed by people in recovery. FREE*

### **National Council on Alcoholism & Drug Dependence**

4201 N. 16<sup>th</sup> Street, #140  
Phoenix, AZ 85016

**(602) 264-6214**

#### **[www.ncadd-phx.org](http://www.ncadd-phx.org)**

*Education and referral service for people with addictions or loved ones; resource library. FREE*

### **Native Health Adolescent Substance Abuse Program**

**(602) 279-5262 ext. 3210**

*Evaluates and provides 8-10 sessions (outpatient) of 1:1 counseling, using an evidence-based treatment model. After completion of the counseling, additional case management services are included to assist the teen continue to use their skills learned in counseling. Call for eligibility. FREE*

### **New Horizons**

#### **Counseling Service**

6151 W. Olive Avenue Suite 3  
Glendale, AZ 85302

**(623) 939-6567**

1430 N. Central Ave. Suite C  
Avondale, AZ 85323

**(623) 925-1556**

*Outpatient counseling services for substance abusers as well as DUI/DWI offender programs. CALL FOR COST*

## Chemical Dependency

### Northwest Organization for Voluntary Alternatives (NOVA)

4425 W. Olive Avenue #200  
Glendale, AZ 85302

**(623) 937-9203**

*Offers outpatient substance abuse program for individuals, families, and seniors, including onsite AA and Alanon meetings; Maverick House inpatient program for men and women who are chemically dependent; Safe Haven residential program for the homeless (men and women) with serious mental illness with many related services. SLIDING SCALE*

### Phoenix Rescue Mission

1801 S. 35<sup>th</sup> Avenue  
Phoenix, AZ 85009

**(602) 233-3000**

**[www.phoenixrescuemission.org](http://www.phoenixrescuemission.org)**

*Homeless emergency services; addiction recovery program for 21 men lasting 12 months that includes addictions counseling; education evaluation and advancement; employment preparation and bible studies; low-income family support for basic needs (food boxes, diapers, clothing); Thanksgiving food boxes; Christmas Adopt-a-Family dinners. FREE*

**Recovery, Inc** (Central and NW Valley locations)

**(480) 990-0294**

**[www.recovery-inc.com](http://www.recovery-inc.com)**

*Offers weekly group meetings for people with mental health challenges using a self-help method. FREE*

### Teen Challenge

(Locations Valleywide)

**(800)346-7859**

**[www.tc az.org](http://www.tc az.org)**

*Inpatient Christian-based residential recovery program for young men age 18 and older and women age 18 and older with alcohol and other drug problems after participating in an induction process; residential center for adolescent girls (age 13 and older; three month minimum treatment) and adolescent boys (age 13 and older; ten month minimum treatment) with "life-controlling" problems. SLIDING SCALE*

### Valle Del Sol

1209 S. 1<sup>st</sup> Avenue  
Phoenix, AZ 85003

**(602) 258-6797**

**[www.valledelsol.com](http://www.valledelsol.com)**

*Substance abuse treatment for adolescents and adults, including an Opioid Treatment Program for adults. SLIDING SCALE*



## Child Care

### **Arizona Child Care Job Bank (480) 829-0500 ext. 213**

*Links people who enjoy working with children with jobs in early childhood employment. The Job Bank has a list of openings. FREE*

### **Arizona DES Child Care Administration**

**Avondale —**

**(623) 925-0095 ext. 4253**

**Peoria —**

**(602) 771-0014**

*Provides childcare subsidies to lower income families. FREE*

*\*Note that as of August, 2010 a waiting list continues for child-care subsidies.*

### **Arizona Self-Study Project (480) 829-0500 ext. 202**

*Assists early care and education programs (licensed by DHS or DES and who have a DES subsidy contract) by improving the quality of care with the following services: 1:1 consultation with an early childhood professional; trainings; monthly phone consultations; networking opportunities, and grant offerings for the enhancement of the program. FREE*

### **Association for Supportive Child Care**

3910 S. Rural Road Suite E  
Tempe, AZ 85282-5567

**(480) 829-0500**

**[www.ascaz.org](http://www.ascaz.org)**

*Offers a wide variety of resources and referrals to parents for child care centers and homes in the area; continuing education training programs for child care providers; "Phone Friend" homework helpline for children (602) 253-9099; child care resource network for parents; child care job bank for those interested in working in child care; safety education programs for parents (car seat, crib safety, etc.) FREE*

### **Child Care Resource & Referral**

**(602) 244-2678**

**[www.azchildcare.org](http://www.azchildcare.org)**

*Comprehensive help offered to parents looking for appropriate child care resources; child development and parenting classes for parents and other caregivers; visit website or call for class descriptions and locations. FREE*

### **Child Care Health Consultation Program (602) 506-6380**

*Provides health and safety-related consultation and training to licensed child care centers and home providers in Maricopa County. FREE*

## Child Care

### **Child Care Injury Prevention (480) 829-0500 ext. 1233**

*Child Passenger Safety Training, Crib/Safe Sleep Training; Environment Safety Training; First Aid CPR-AED Certification. FREE*

### **Glendale Family Development Center**

7800 N. 59<sup>th</sup> Avenue  
Glendale, AZ 85301

**(623) 934-7001**

*Offers affordable child care based on family income; scholarships may be available; emergency food bags for Maricopa County residents only. CALL FOR COST*

### **Head Start/Early Head Start**

Westside Locations

**(623) 486-9868**

*Center-based services are provided for children living in low-income families with children ages 6 weeks to 5 years of age in a classroom setting four or five days a week for a minimum of 3½ hours. Home-based services are provided in the family's home, with Head Start home visitors meeting with families once weekly for 1½ hours. Families attend bi-monthly socialization for parent training and to interact with other families. Early Head Start also works with pregnant first-time mothers. FREE*

### **Niños en Mi Casa**

**(480) 829-0500 ext. 403**

**[www.asccaz.org](http://www.asccaz.org)**

*Provides the training and support to start the process of becoming a DES Certified Family Child Care Provider. Financial assistance may be available for start-up costs; use of a resource lending library; support after certification, including billing training, advertising information, child care resources, a mentoring program, and a conference. CALL FOR COST*

### **Quality First Early Childhood Education**

**(602) 771-5100**

**[www.azftf.gov](http://www.azftf.gov)**

*Regulated child care centers/homes in Arizona may participate in a program that offers profession development and scholarships for center workers, child care health consultants, coaching, and assessments to measure center progress. Financial incentives for three years are available for the centers to reach individual goals. FREE*

### **TEACH Early Childhood Arizona (Scholarships for Child Care Providers)**

**(480) 829-0500 ext. 1145**

**Email: [dhenry@asccaz.org](mailto:dhenry@asccaz.org)**

*Child care providers statewide*



## Child Care

*who work a minimum of 20 hours per week with children 0-5, earn less than \$15 per hour, are committed to working in the early childhood field, and can commit to working in their present licensed child care center for six months to one year are eligible for receiving a TEACH scholarship (9-15 credit hours in a local community college; books; paid release time, travel stipend). Goal is to increase and retain the number of highly-qualified child care workers with better compensation. FREE*

*parent is interviewing for a job. Call to register child. CALL FOR COST*

## Sunrise Preschools

*(Locations Valleywide)*

***www.sunrisepreschools.com***

*All Sunrise preschools are offering up to four hours of free child-care for a parent who has a job interview. Call to register child. FREE*

## Tots Unlimited

*(Three NW Valley Locations)*

***(623) 692-5353***

***www.loveskids@cox.net***

*Tots Unlimited is a for-profit preschool, but at the current time they are offering a 10% discount for new children, and an additional discount for multiple children. In addition parents may receive up to four hours of child care free of charge while their*

## Dental Care

### **A Tooth Doctor for Kids**

4701 W. Indian School Road  
Phoenix, AZ 85031

**(623) 245-8461**

*Discounted dental services for children. CALL FOR COST*

### **Area Agency on Aging**

**(602) 264-2255**

*Dentures only*

*CALL FOR COST*

### **Arizona School of Dentistry and Oral Health**

20325 N. 51<sup>st</sup> Avenue, #156  
Glendale, AZ 85308

**(623) 251-4700**

*Discounts on dental services  
CALL FOR COST*

### **Children's Dental Clinic**

**(602) 233-3133**

*Adult wisdoms in emergency situations*

*CALL FOR COST*

### **Children's Rehabilitative Services-St. Joseph's Hospital**

**(602) 406-6400**

*Cleft palate services*

*CALL FOR COST*

### **Clinica Adelante**

306 E. Monroe Avenue  
Buckeye, AZ 85326

**(623) 386-1630**

*Discounts on dental services  
CALL FOR COST*

### **Dave Pratt Boys and Girls**

#### **Club Dental Clinic**

1601 W. Sherman Street  
Phoenix, AZ 85007

**(602) 271-9961**

*Low-cost dental services to low-income children ages 5-18 who do not have dental insurance.*

*LOW COST*

### **Gompers Center**

6601 N. 27<sup>th</sup> Avenue  
Phoenix, AZ 85017

**(602) 336-0061**

*Provides dental care for children and adults with disabilities, including x-rays, cleanings, fillings, root canals, bridges, and periodontal therapy. People with SSI or SSDI and who have a documented disability are eligible, but all low-income people with disabilities are encouraged to call for eligibility. SLIDING SCALE*

### **Inter Tribal Council of Arizona**

**(602) 258-4822**

**[www.itcaonline.com](http://www.itcaonline.com)**

*Dental center for tribal members in the Phoenix and Tucson service areas. FREE*

### **John C. Lincoln Desert Mission**

#### **Children's Dental Clinic**

**(602) 870-6363**

*Provides children's dental services for kids ages 3-17. Accepts children only who live in the Washington, Paradise Valley,*

## Dental Care

*Deer Valley, or Glendale school districts. CALL FOR COST*

### **Maricopa County Public Health Dental Sealant Program (602) 506-6888**

*Provides at-risk children in Maricopa County a sealant program on permanent molars to prevent tooth decay. FREE*

### **Maricopa County Integrated Health Systems Dental Clinics**

**Glendale** —(602)344-6709

5141 W. Lamar Road

Glendale, AZ

**Avondale** —(623) 344-6809

950 E. Van Buren Street

Avondale, AZ

**[www.mihhs.org](http://www.mihhs.org)**

*Reduced-cost dental care. Undocumented immigrants are not eligible for this service. SLIDING SCALE*

### **Maricopa County Public Health Oral Health Office**

**(602) 506-6684**

*Dental insurance program for residents of Maricopa County with incomes below 185% of the Federal Poverty Income Guidelines. CALL FOR ELIGIBILITY*

### **Midwestern University Clinics**

19389 N. 59<sup>th</sup> Avenue

Glendale, AZ 85308

**(623) 537-6000**

*Offers low-cost dental services for uninsured and underinsured people. Faculty and students provide cleanings, crowns, inlays, and other specialized services. SLIDING SCALE*

### **Native Health**

**(602) 279-5262 x. 3417**

**Ask for Celeste**

*Discounted dental services. LOW COST*

### **Phoenix College Dental Clinic**

**(602) 285-7323**

*Discounted dental services. LOW COST*

### **St. Joe's Mercy Care**

**Dental Clinic**

**(602) 406-3560**

*Discounted dental services. LOW COST*

### **Sunset Community**

**Health Center**

**(928) 627-8806**

*Discounted dental services. LOW COST*

### **VA Medical Center**

**Dental Clinic**

**(928) 776-6177**

*Dental care for veterans with an honorable discharge. CALL FOR COST*

**Disability/Special Education Services****ACCEL**

10251 N. 35<sup>th</sup> Avenue  
Phoenix, AZ 85051-1305  
**(602) 995-7366**

**[www.accel.org](http://www.accel.org)**

*School with speech, occupational and fine arts therapies; counseling services; emphasis on independent living skills. CALL FOR COST*

**AHCCCS- Freedom to Work Health Insurance**

**(602) 417-6677**

**[www.azahcccs.gov](http://www.azahcccs.gov)**

*Affordable health insurance for people with documented physical and/or developmental disabilities and who work; covers a wide range of services including medical services, doctor visits, and prescriptions. Income (after deductions) must be under \$2,167/month. MONTHLY PREMIUMS ARE BETWEEN 0-\$35. Undocumented immigrants are not eligible for this benefit.*

**ARC of Arizona**

5610 S. Central Avenue  
Phoenix, AZ 85040-3090  
**(602) 234-2721**

**[arcarizona.org](http://arcarizona.org)**

*Advocacy group for people with developmental disabilities; parent support services such as referral, educational programs, advocacy; guardianship services/future planning. FREE*

**Advocates for the Disabled-MARC Center**

650 N. 2nd Avenue  
Phoenix, AZ 85003  
**(602) 212-2600**

**[www.advocatesforthedisabled.org](http://www.advocatesforthedisabled.org)**

*Advocacy, guidance, and counseling for persons with disabilities. Examples of assistance include denied Social Security claims, VA benefits, fiduciary services, money management, and medical claims. FREE*

**Arizona Autism United**

5025 E. Washington St., Ste 212  
Phoenix, AZ 85034-7429  
**(602) 773-5773**

**[www.azaunited.org](http://www.azaunited.org)**

*Provides habilitation and respite in-home services to families with autistic children; case management; goal-planning. The family must qualify under economic guidelines and children must receive services through Arizona Division of Developmental Disabilities. FREE*

**Arizona Bridge to Independent Living (ABIL)**

(Westside location)  
4138 N. 75<sup>th</sup> Avenue Suite 111  
Phoenix, AZ 85033-3171  
**(602) 424-4100**

**[www.abil.org](http://www.abil.org)**

*Information and referral for people with physical and developmental disabilities, using an inde-*

## Disability/Special Education Services

*pendent living philosophy; community living options; outreach to rehabilitation centers to link the newly disabled with services; employment program for those receiving SSI/SSDI; legal and economic advocacy to develop self-advocacy skills; independent living skills instruction; mentoring program for the developmentally disabled; home modification; "Empowering Youth in Transition"; self-advocacy/determination program for people with developmental disabilities; recreation activities; Social Security work incentives planning assistance; counseling. FREE for most services*

### Arizona Center for the Blind and Visually Impaired

3100 E. Roosevelt Street  
Phoenix, AZ 85008-5036

**(602) 273-7411**

*Visually impaired and blind persons receive assistance in ordering hearing devices, hearing technology education, independent living skills, recreation, counseling, and transportation. FREE for most services*

### Arizona Center for Disability Law

5025 E. Washington Street, Suite 202  
Phoenix, AZ 85034-7439

**(602) 274-6287**

**[www.acdl.com](http://www.acdl.com)**

*Legal advocacy for people with developmental, psychiatric, cognitive, or physical disabilities; advocacy is related to housing, education, health care, accessibility, and other areas. FREE*

### Arizona DES Division of Developmental Disabilities

(Locations Valleywide)

**(602) 542-0419**

**[www.azdes.gov/ddd](http://www.azdes.gov/ddd)**

*Provides a variety of services such as employment, medical, and transportation to individuals with a developmental disability such as epilepsy, autism, cerebral palsy, or a cognitive disability. FREE*

### Arizona DES Rehabilitation Services

(Locations Valleywide)

**(602) 542-3332**

**[www.azdes.gov/rsa](http://www.azdes.gov/rsa)**

*People with developmental and physical disabilities are provided vocational counseling, skills training for employment, evaluation in order to remove barriers to employment; job search and coaching assistance. An independent living program is offered as well. \*As of May, 2010 there continues to be a waiting list to receive services. Clients receive services based on severity of disability. FREE*

**Disability/Special Education Services****Arizona Literacy and Learning Center**

14001 N. 7<sup>th</sup> Street, Suite F112  
Phoenix, AZ 85022

**(602) 212-1089**

**[www.azlit.org](http://www.azlit.org)**

*Offers diagnostic and treatment programs for learning disabled children and adults with language and literacy difficulties; developmental screenings for preschools. CALL FOR FEES*

**Arizona Recreation Center for the Handicapped (ARCH)**

1550 W. Colter Street  
Phoenix, AZ 85015-3005

**(602) 230-2226**

**[www.archaz.org](http://www.archaz.org)**

*Services for people with developmental disabilities, including access to a recreation house with drop-in activities, day program, performing arts program, sports complex, special interest classes, summer day camp, and a transportation service. Minimal charge for special interest and some recreational activities*

**Autism Society of America-Greater Phoenix Chapter**  
**Voice mail (480) 940-1093**

**[www.phxautism.org](http://www.phxautism.org)**

*Offers education and resource information regarding autism, as well as referrals for people with autism and family members.*

**FREE**

**Arizona Training and Evaluation Center (AZTEC)**

7400 W. Olive Avenue, Suite 24  
Peoria, AZ 85345-8891

**(623) 412-2888**

**[www.aztec1.org](http://www.aztec1.org)**

*Provides day services, residential services, and job training and placement programs for people with disabilities, including autism, cerebral palsy, behavioral and emotional difficulties, epilepsy, learning disabilities, and developmental disabilities. Serves Glendale, Peoria, and West Phoenix and surrounding areas; most clients referred from Arizona State DDD CALL FOR COST*

**Care 1<sup>st</sup> Avondale Resource and Housing Center**

328 W. Western Avenue  
Avondale, AZ 85323

**(623) 333-2703**

*Services for the developmentally disabled in the Avondale area. Call to learn about specific services. CALL FOR COST*

**Central Arizona Council on Developmental Disabilities**

**(520) 982-5015**

*Provides a variety of services for people with developmental, physical, and mental disabilities including job coaching, respite services, and day programs for children. SLIDING SCALE*



## Disability/Special Education Services

### Community Provider of Enrichment Services

1110 E. McDowell Road  
Phoenix, AZ 85006  
**(602) 685-1940**

**[www.cpes.com](http://www.cpes.com)**

*Offers a variety of services to children/adults with disabilities (developmental, cognitive, physical disabilities including Traumatic Brain Injury). Services include: housing, education services, in-home support, early intervention, child/adult developmental homes; counseling and assessment, employment services, day support, foster care, transportation, and case management. CALL FOR COST*

### Daring Adventures

**City of Phoenix**

**(602) 495-5507**

**[jeff.spellman@phoenix.gov](mailto:jeff.spellman@phoenix.gov)**

*Offers seven different outdoor recreation programs to youth and adults with disabilities and non-disabled peers. Activities include adaptive cycling, kayaking, camping, and backpacking.*

*\*Note that the budget of Daring Adventures was cut and some activities may no longer be offered. CALL FOR COST*

### Detour Theatre Company

**(480) 945-0939**

**<http://web.me.com/blefco/detour>**

*Arts and theatrical performance opportunities for adults with developmental disabilities, persons with autism, the blind, and the deaf. CALL FOR COST*

### Disabled Student Services- ASU Disability Resource Center

**(480) 965-1234**

**[www.Disability-Q@asu.edu](mailto:www.Disability-Q@asu.edu)**

*Provides services and accommodations for ASU students with disabilities in order to encourage a successful academic experience. FREE*

### Early Care and Education Inclusion

**(602) 266-5976 ext. 5590**

*Child care centers and preschools in Central Phoenix are provided an on-call team of early childhood specialists to assist children with disabilities and/or developmental concerns in having a positive educational experience. Team includes occupational therapists, physical therapists, and speech therapists; focus placed on curriculum, behavioral management, and any modifications for special needs children. FREE*

### Foundation for Senior Living

1201 E. Thomas Road  
Phoenix, AZ 85014-5734

**(602) 285-1800**

**[www.foundationforseniorliving.org](http://www.foundationforseniorliving.org)**

**Disability/Special Education Services**

*Offers health, support, and educational services to adults age 18 and older with disabilities. CALL FOR COST*

**Glendale Community College Adapted Fitness Program (623) 845-3780**

*Fitness center that has been adapted to the needs of physically challenged and special needs adults. CALL FOR COST*

**Gomper's Habilitation Center**

6601 N 27<sup>th</sup> Ave.  
Phoenix, AZ 85017  
**(602) 336-0061**

**[www.gomperscenter.org](http://www.gomperscenter.org)**

*Provides discounted dental care for people with disabilities; socialization and community recreation; continuing education and vocational training/job placement; volunteer work opportunities; special education school for students ages 5-22; speech, physical, and occupational therapy. CALL FOR COST*

**Grupo de Apoyo para Latinos con Autismo-Disability Empowerment Center**

5025 E. Washington Street  
Phoenix, AZ 85034  
**(480) 772-7961**

**[www.ArizonaGala.org](http://www.ArizonaGala.org)**

*Offers home services to families with a child who is autistic including habilitation and respite*

*care; conferences; weekend family recreational outings; boy scout troop that assists children with autism or any disability FREE*

**Independence Plus, Inc**

3150 N. 35<sup>th</sup> Avenue Ste 2  
Phoenix, AZ 85017-5272  
**(602) 484-7610**

**[www.indplus.org](http://www.indplus.org)**

*Adults with developmental disabilities are offered recreation opportunities, day treatment, independent living skills, and classes to encourage independence, field trips, and Special Olympics. FREE*

**Michael's Garden**

10251 N. 35<sup>th</sup> Avenue  
Phoenix, AZ 85051-1305  
**(602) 995-7366**

**[www.michaelsgarden.org](http://www.michaelsgarden.org)**

*Employment readiness and employment services for disabled adults. FREE*

**Mosaic**

2226 W. Northern, Suite C-140  
Phoenix, AZ 85021  
**(602) 864-6030**

**[www.mosaicinfo.org](http://www.mosaicinfo.org)**

*Provides programs for children and adults with developmental disabilities such as early intervention services for children age 3 and under, home and community base services, and residential programs. FREE*

## Disability/Special Education Services

### **Parent Information Network (PIN)- AZ Dept. of Education Toll free (877) 230-7467**

**[www.pins@azed.gov](mailto:www.pins@azed.gov)**

*Phone consultation to parents of special needs students and students who may be in need of testing/placement in special education; trainings. FREE*

### **Public Fiduciary Maricopa County (602) 506-5801**

*Money management for people unable to manage their economic resources. Call for eligibility guidelines. FREE*

### **Raising Special Kids**

5025 E. Washington St, Ste 204  
Phoenix, AZ 85034-2005

**(602) 242-4366**

**[www.raisingpecialkids.org](http://www.raisingpecialkids.org)**

*Connects families with special needs children to health, educational, or homebound resources; trains parents to advocate for children in educational and other settings and sometimes accompanies parent to ISP meetings; parent mentoring program. FREE*

### **Rebuilding Together— Valley of the Sun**

2123 S. Priest Drive Suite 213  
Tempe, AZ 85282

**(480) 774-0237**

**[www.rebuildingtogetherphx.org](http://www.rebuildingtogetherphx.org)**

*Performs home repairs and painting, and the installation of safety equipment for homeowners with limited income and with an emphasis on the elderly and people with a disability. FREE*

### **Singleton Housing Program (602) 626-8150**

**[www.Rejbamanagement.com](http://www.Rejbamanagement.com)**

*Housing program for individuals with mental health, physical, or developmental disabilities. Supportive programs to assist in independent living may be arranged. SLIDING SCALE*

### **Social Security Administration (Locations Valleywide)**

**(800) 772-1213**

*Payee Representatives for persons that are unable to manage their finances; applications for Supplemental Security Income (SSI) and Supplemental Security Disability Income (SSDI). CALL FOR COST*

### **Southwest Autism Research and Resource Center**

300 N. 18<sup>th</sup> Street  
Phoenix, AZ 85006

**(602) 340-8717**

**[www.autismcenter.org](http://www.autismcenter.org)**

*Offers a variety of programs for people with autism and family members or caregivers, including autism education, information to*

**Disability/Special Education Services**

*parents on how to access state services, research studies, a community school that blends children with autism and typical children, social skills curriculum for children in K-12 grade, in-home consultation, grandparent programs, Hispanic outreach, habilitation, Asperger's identification project, and a vocational academy for youth ages 13-18 that includes social skills training. CALL FOR COST*

**Special Olympics Arizona**

**Phoenix: (602) 230-1200**

**Peoria: (623) 773-7436**

**[www.soaz.org](http://www.soaz.org)**

*Athletics clinics, training, and workshops are held for people ages 8 and older with mental, physical, or intellectual disabilities. FREE*

**Upward Foundation**

6306 N. 7<sup>th</sup> Street

Phoenix, AZ 85014

**(602) 279-5801**

**[www.upwardfoundation.org](http://www.upwardfoundation.org)**

*Offers programs for children with severe disabilities such as child care with non-disabled peers, a special education program with a low teacher to student ratio and a supporting medical staff, and outpatient therapy (feeding/swallowing therapy, occupational, speech, and physical therapies). SLIDING SCALE*

**Valley Center of the Deaf**

5025 E. Washington St., Ste 114  
Phoenix, AZ 85034

**(602) 267-1921**

**[www.vcdaz.org](http://www.vcdaz.org)**

*Offers linkages to needed community resources; interpretation; living skills; employment readiness counseling; job placement. CALL FOR COST*

## Domestic Violence

### Arizona Coalition Against Domestic Violence

**(800) 782-6400**

**[www.azcadv.org](http://www.azcadv.org)**

*Provides extensive information and referral and legal advocacy to domestic violence survivors and their loved ones. Call M-F 8:30AM-5PM. FREE*

### Care1st Avondale Resource and Housing Center

328 W. Western Ave.

Avondale, AZ 85323

**(623) 333-2703**

*New Life offers a domestic violence support group. Call the center for day/time. FREE*

### Community Network for Accessing Shelter

**24 SHELTER HOTLINE**

**(602) 263-8900 or**

**1-800-799-7739**

*Assistance in locating emergency, homeless, and the domestic violence shelters for people of all ages in Maricopa County. FREE*

## Education

### Arizona Department of Education

**(602) 258-2410**

*GED testing at locations all over the Valley. \$75-80 for the testing*

### Arizona Literacy and Learning Center

**14001 N. 7th Street**

**Building F, Suite 212**

**Phoenix, AZ 85022**

**(602) 212-1089**

*Free developmental and literacy screenings for children ages 3-5; psycho-educational evaluations for youth 6-17; and adult literacy that includes IQ/cognitive testing. FREE SCREENINGS FOR 3-5 YEARS AND SLIDING SCALE FOR THE OTHER SERVICES.*

### Arizona Scholarship Fund

**(480) 497-4564**

**[www.arizonascholarships.org](http://www.arizonascholarships.org)**

*Offers tuition scholarships to K-12 private schools. Some scholarships are available based on incomes of 185% of the Federal Poverty Level (family of four earning \$40,793 or less). Other awards are available for merit-based students (good grades, etc.). Donors to the fund are eligible for a dollar-for-dollar tax credit. FREE TO APPLY ONLINE*



## Education

### Care 1<sup>st</sup> Avondale Resource Center

328 Western Avenue  
Avondale, AZ 85323

**(623) 333-2703**

*ESL tutoring; literacy classes; citizenship classes. Call the center for more information. FREE*

### Chicanos Por La Causa

1112 E. Buckeye Road  
Phoenix, AZ 85034

**(602) 257-0700**

**[www.cplc.org](http://www.cplc.org)**

*GED and ESL classes with child-care available. FREE; Pay for test*

### Dysart Community Center

14414 North El Mirage Road  
El Mirage, AZ 85335-2909

**(623) 583-0016**

*GED, ESL, and literacy classes for children. FREE*

### Federal Student Aid Information Center

**(800) 433-3243**

**[www.FederalStudentAid.ed.gov](http://www.FederalStudentAid.ed.gov)**

*Provides applications and information about federal loans, grants, and work-study programs. FREE*

### Golden Gate Center

1625 N. 39<sup>th</sup> Ave  
Phoenix, AZ 85009

**(602) 233-0017**

**[www.goldengatecenter.org](http://www.goldengatecenter.org)**

*Provides adult education classes.*

### Goodwill of Central Arizona

(Locations Valleywide)

**(602) 535-4000**

**[www.goodwillaz.org](http://www.goodwillaz.org)**

*"E-Academic" High School, a computer-based high school curriculum. Students can access a variety of youth services offered.*

*Schedule is flexible. CALL FOR COST*

### Labor's Community Service Agency

5818 N. 7<sup>th</sup> Street Ste 100  
Phoenix, AZ 85014-5808

**(602) 263-5741**

*Offers pre-apprentice construction training for young adults ages 18-22. FREE*

### Lifebridge Community Alliance

7510 N. 27<sup>th</sup> Avenue  
Phoenix, AZ 85051

**(602) 995-2933**

**[www.lifebridgeaz.org](http://www.lifebridgeaz.org)**

*Literacy classes; financial management; health education classes; nutritional coaching. CALL FOR COST*

### Life Development Institute

18001 N. 79<sup>th</sup> Avenue Ste E71  
Glendale, AZ 85308-8396

**(623) 773-2774**

**[www.life-development-inst.org](http://www.life-development-inst.org)**

*People ages 16 and older with evidence of a specified learning disability, attention deficit disorder.*



## Education

*der, or other related disorder are offered programs to complete high school, transition into college (including completing an AA degree), and transition programs into careers. CALL FOR COST*

### **Life Skills Center of Arizona**

8123 N. 35<sup>th</sup> Avenue Ste 2

Phoenix, AZ 85051-9403

**(602) 242-6400**

**[www.lifeskillscenters.com](http://www.lifeskillscenters.com)**

*Charter school for students ages 16-21 who have dropped out or are at-risk of dropping out of a traditional high school setting; enrollment weekly;*

### **Maricopa County Community College District**

**[www.maricopa.edu](http://www.maricopa.edu)**

*Communiversity@ Surprise  
480-384-9000*

*Estrella Mountain Avondale  
623-935-8000*

*Glendale—623-845-3000*

*Maricopa Skill Center  
602-238-4354*

*Phoenix—602-285-7800*

*Rio Salado College Luke AFB  
480-377-4010*

*Offers post-secondary education classes, GED and ESL programs.  
CALL FOR COST*

### **Phoenix Job Corps**

518 S. 3<sup>rd</sup> Street

Phoenix, AZ 85004

**(602) 254-5921**

**<http://phoenix.jobcorps.gov>**

*Program that offers housing, education, and vocational training to youth age 16-24 in one setting. Students receive a GED, ESL services, counseling, all meals, recreational activities, and college programs. Youth must be drug-free to participate in Job Corps. FREE*

### **Rio Salado Community College**

*(Locations Valleywide)*

**(480) 517-8110**

**[www.riosalado.edu/](http://www.riosalado.edu/)**

#### **PROGRAMS**

*ABE- Adult Basic Education*

*(literacy) FREE, GED- test preparation FREE*

*ACE- Scholarship based program for GED preparation and up to 24 hours of college credits FREE WITH SCHOLARSHIP*

*ELLA- English as a Learned Language for legal residents FREE—Students must provide proof of citizenship to attend classes.*

### **Special Olympics Arizona**

**Phoenix: (602) 230-1200**

**Peoria: (623) 773-7436**

**[www.soaz.org](http://www.soaz.org)**

*Athletics clinics, training, and workshops are held for people ages 8 and older with mental, physical, or intellectual disabilities. FREE*

## Education

**Southwest Valley Literacy, Inc**  
**(623) 695-4321**

**[www.swvalleyliteracy.org](http://www.swvalleyliteracy.org)**

*Provides literacy and ESL classes.*

*All adults are welcome. FREE*

**TEACH Early Childhood Arizona (Scholarships for Child Care Providers)**

**(480) 829-0500 ext. 1145**

**[Email dhenry@asccaz.org](mailto:dhenry@asccaz.org)**

*Child care providers who work a minimum of 20 hours per week with children 0-5, earn less than \$15 per hour, are committed to working in the early childhood field, and can commit to working in their present licensed child care center for six months to one year are eligible for receiving a TEACH scholarship (9-15 credit hours in a local community college; books; paid release time, travel stipend). Goal is to increase and retain the number of highly-qualified child care workers with better compensation.*

*FREE*

## Elder Resources

**Area Agency on Aging  
Region One**

1366 E. Thomas Road, Suite 108  
Phoenix, AZ 85014-5793

**24-Hour Senior HELPLINE**  
**(602)264-4357**

**[www.aaaphx.org](http://www.aaaphx.org)**

- *AgeWORKS- Employment training and placement for adults 55 and older*
- *Alternatives to Guardianship Services*
- *Provides glasses and low vision aids and hearing aids to low-income elders age 60 and older*
- *Medicare assistance to elders and their families/caregivers*
- *Community resource linkage between seniors and needed social service agencies*
- *Case management, education, support, and respite for caregivers Mental health and crisis services for adults 55 and older*
- *Emergency housing (temporary) for domestic violence survivors and those in needed of assisted living or nursing home care- for adults 50 and older*
- *Ombudsman to investigate complaints about health care services*
- *DOVES Transitional Housing- Housing up to two years for survivors of domestic violence ages 50 and older who can be self-sufficient after receiving the ser-*

## Elder Resources

vices.

- *School presentations given by seniors to address prejudice, discrimination, bullying, and self-esteem issues*
- *HIV Care Directions- Case management and many other services for people OF ALL AGES with HIV/AIDS*
- *MOSAIC/Elder Refugee Program- Helps refugees age 55 and older with access to community services, citizenship, ESL; socialization and health education held weekly*
- *Volunteer Program- Connects adults age 55 and older with nonprofit partner organizations*
- *Opportunity Corps/Adopted Grandparents Program- Adults age 55 and older volunteer in schools with children in grades K-3 to strengthen math/reading skills*
- *SAIL- Services such as delivered meals, personal care, and adult day care to help adults age 60 and older remain in an independent living situation*
- *Senior Loan-A-Phone provides adults with cell phones that are used for 911 calls only. FREE*

### Area Agency

#### Arizona DES Division of Aging and Adult Services

1789 W. Jefferson Street

Phoenix, AZ 85007-3202

**(602) 542-4446**

**[www.azdes.gov/aaa](http://www.azdes.gov/aaa)**

*Case management for elders and vulnerable individuals to assist them in remaining independent in housing and in their communities; Adult Protective Services (accepts reports of elder neglect and abuse and investigates abuse reports). Adult Protective Services: **(888) 767-2385 FREE***

### Alzheimer's Association

1028 E. McDowell Road

Phoenix, AZ 85006

**(602) 528-0545**

**[www.alzds.org](http://www.alzds.org)**

13050 N. 103<sup>rd</sup> Avenue Unit B

Sun City, AZ 85351

**(623) 815-2494**

*Comprehensive support resources to people suffering from Alzheimer's disease and their caregivers. FREE*

### Banner Hospice

**(800) 293-6989**

*Non-profit hospice that assist persons with a terminal illness who have six months or less to live; in-home or inpatient palliative care services provided with a supervising doctor, RN, social worker, and clergy. Services offer support to the patient and the family. Bereavement services are available to family members. SLIDING SCALE*

## Housing

*and bible studies; low-income family support (food boxes, diapers, clothing) FREE*

### Salvation Army

(Locations Valleywide)

**(602) 870-4353**

**[www.salvationarmycares.org](http://www.salvationarmycares.org)**

*Rent and utilities assistance; shelter/housing programs for families (see below); respite shelter for single homeless men that are discharged from a hospital. FREE*

### Salvation Army-Kaiser Family Crisis Center

2707 E. Van Buren Street  
Phoenix, AZ 85007

**(602) 267-4139**

*Transitional housing for families with children ages 17 years or younger for up to four months. Case management and advocacy services provided. Families must be documented. Child care available; meals provided. Parent must seek work and, upon employment, are required to save 60% of earnings in a savings account. FREE*

### Subsidized Housing

Glendale—(623) 930-2180

Phoenix—(602) 534-2142

Peoria—(623) 486-4375

Maricopa County (All cities not listed, including Avondale, Wickenburg, and Gila Bend)—(602) 744-4500

*Financial rental assistance, however the waiting lists are long—call to check on current status.*

*SLIDING SCALE*

### Society of St. Vincent de Paul Diocese of Phoenix

420 W. Watkins Rd.

Phoenix, AZ 85050

Mailing address:

PO Box 72494

Phoenix, AZ 85002-3600

**(602) 254-3338**

**[www.stvincentdepaul.net](http://www.stvincentdepaul.net)**

*Provides rental and utility assistance. FREE*

### Sojourner Center

(Central Phoenix)

**(602) 244-0997**

*Provides safe crisis and transitional housing (280 shelter beds and 15 transitional apartments) for women with or without children, along with support for women to leave the abusive relationship. Parents with substance abuse issues don't qualify. Identification is required (driver license, social security card).*

*Food, clothing, classes, recreation, health clinic, employment assistance, clubhouse, a computer room, and child care for children for children birth-12 is available. Clients are given the option to work or attend school. FREE for shelter; if the women move into transitional housing,*

## Housing

*they are required to pay 30% of their income toward the rent.*

*FREE*

### **UMOM New Day Centers**

3320 E. Van Buren  
Phoenix, AZ 85008

**(602) 275-7852**

**[www.umom.org](http://www.umom.org)**

*Provides homeless and low-income families with food and shelter and other populations including the homeless, single women, the seriously mentally ill, and families. Shelter has 45 beds. FREE*

### **Valley of the Sun YMCA**

(Locations Valleywide)

**(602) 404-9622**

**[www.valleymca.org](http://www.valleymca.org)**

*Offers transitional and short-term housing for adults. \$20/day or \$90 weekly + \$20 refundable room key deposit*

## Immigrant Services

### **Asian Pacific Community in Action**

6741 N. 7<sup>th</sup> Street  
Phoenix, AZ 85014-1004

**(602) 265-4598**

*Links the Pan-Asian community and other immigrant communities with resources and provides preventative health services such as hepatitis B screenings; some language interpretation services; assistance in applying for services such as AHCCCS. FREE*

### **Care1st Avondale Resource and Housing Center**

328 W. Western Ave.  
Avondale, AZ 85323

**(623) 333-2703**

*GED and ESL and classes available. Call the center for more information on registration. FREE*

### **Catholic Social Services**

14406 Alto Street  
El Mirage, AZ 85335

**(602) 285-1999**

**[www.catholicsocialserviceaz.org](http://www.catholicsocialserviceaz.org)**

*Comprehensive counseling and other social services for families, individuals, and specialized populations such as refugees. CALL FOR FEES*

### **Centro de Salud (Welsey Health Center)**

1300 S. 10<sup>th</sup> St.  
Phoenix, AZ 85034-4516



## Elder Resources

### **Benevilla- Cultivating Caring Communities**

16752 N. Greasewood Street  
Surprise, AZ 85374-3639

**(623) 584-4999**

**[www.benevilla.org](http://www.benevilla.org)**

*Offers a variety of social services for residents in the Northwest Valley such as adult day services for persons with dementia (locations in Sun City and Sun City West, home visits to assist people with personal and financial organization, emergency errand service, emergency response, friendly visitors/phone support, home maintenance, information and referral, shopping services, life planning, medical transportation, support groups, intergenerational activities including a garden project, and childcare activities for children ages 6 weeks-5 years. CALL FOR COST*

### **Care 1<sup>st</sup> Avondale Resource Center**

328 Western Avenue  
Avondale, AZ 85323

**(623) 333-2703**

*Services for Alzheimer's support and education; Area Agency on Aging benefits specialists (health care); DUET grandparent support groups. FREE*

### **City of El Mirage**

12145 NW Grand Avenue  
El Mirage, AZ 85335-2955

**(623) 876-2925**

**[www.cityofelmirage.org](http://www.cityofelmirage.org)**

*Senior center with congregate breakfast and lunch, food boxes, home-delivered meals, transportation to and from the center, and resource information; financial assistance for some housing expenses, food, and medicine for seniors and people with disabilities. FREE/\$2 meal donation*

### **City of Peoria Community Development**

**(623) 773-7162**

*Home repair and weatherization program for disabled adults in Peoria aged 62 and older Peoria residents with a disability. FREE*

### **Duet- Partners in Health and Aging**

555 West Glendale Avenue  
Phoenix, AZ 85021-8799

**(602) 274-5022**

- *Duet Caregiver Services- Support and resources for caregivers caring for aging persons.*
- *Duet Congregational Health Services- Assists congregations in developing and maintaining congregational health programs.*
- *Duet Grandparents Raising Grandchildren Services- Offers a variety of support/resource services for grandparents raising grandchildren and therapeutic social programs for*



## Elder Resources

*grandchildren.*

- *Duet Volunteer Services- Volunteers offer a variety of services for homebound adults such as grocery shopping, friendly visits, and transportation to medical appointments. FREE, but cost for workshops*

### **Foundation for Senior Living**

1201 E. Thomas Road  
Phoenix, AZ 85014-5734

**(602) 285-1800**

**[www.foundationforseniorliving.org](http://www.foundationforseniorliving.org)**

*Offers health, support, and educational services to older adults and adults ages 18 and older with disabilities; adult day centers; home health care; home modification. The Care by Design program provides individualized plans to help people remain in their homes by locating services such as house-keeping, home repair, and companion care. CALL FOR COST*

### **Golden Gate Center**

1625 N. 39<sup>th</sup> Ave  
Phoenix, AZ 85009

**(602) 233-0017**

**[www.goldengatecenter.org](http://www.goldengatecenter.org)**

*Provides adult education classes, nutrition education, and recreation/socialization activities. CALL FOR COST*

### **Hospice of the Valley**

1510 E. Flower Street  
Phoenix, AZ 85014-5656

**(602) 530-6900**

**[www.hospiceofthevalley.org](http://www.hospiceofthevalley.org)**

*Persons with a terminal illness who have six months or less to live are provided in-home or in-patient palliative care services with a supervising doctor, RN, social worker, and clergy. Services provide support to the patient and the family. Bereavement services are available to family members. SLIDING SCALE*

### **Lifebridge Community Alliance**

7510 N. 27<sup>th</sup> Avenue  
Phoenix, AZ 85051

**(602) 995-2933**

**[www.lifebridgeaz.org](http://www.lifebridgeaz.org)**

*Nutritional coaching; health education classes; financial management; Community Volunteer Center that trains and connects volunteers dependent on their skills to meaningful volunteer work. CALL FOR COST*

### **Medicare Coverage Hotline-Lumetra**

**1-800-841-1602**

**[www.lumetra.com](http://www.lumetra.com)**

*24-hour helpline for learning more and Medicare coverage and rights. FREE*

## Elder Resources

### **Rebuilding Together- Valley of the Sun**

2123 S. Priest Drive Suite 213  
Tempe, AZ 85282  
**(480) 774-0237**

**[www.rebuildingtogetherphx.org](http://www.rebuildingtogetherphx.org)**

*Performs home repairs and painting, and the installation of safety equipment for homeowners with limited income and with an emphasis on the elderly and people with a disability. FREE*

### **Road Scholar (formerly Elderhostel)**

**1-800-454-5768**

**[www.roadscholar.org](http://www.roadscholar.org)**

*Educational travel, learning vacations, and community service trips all over the world for people who "love to learn." Most members are age 50 and older. Inter-generational trips are offered. Scholarships available for those in need of financial assistance.*

### **SHIP (State Health Insurance Assurance Program)**

**1-800-432-4040**

**[www.azdes.gov/aaa/  
programs/ship](http://www.azdes.gov/aaa/programs/ship)**

*Volunteers provide education, and outreach for Medicare recipients and their families regarding accurate information about Medicare benefits. FREE*

### **Valley Lifeline**

**(602) 263-8845 ext. 100**

**Afterhours (800) 635-6156**

*Personal emergency system for the elderly and people with disabilities that enables them to live independently in their homes.*

**FREE**

## Employment

### All Faith Community Services

214 S. 5<sup>th</sup> Street  
Buckeye, AZ 85326

**(623) 386-3513**

**[www.allfaithcs.com](http://www.allfaithcs.com)**

*STEPS to Work program with comprehensive job preparedness training. CALL FOR COST*

### Arizona Carpenter's Apprenticeship Program

4547 W. McDowell Road  
Phoenix, AZ 85035

**(602) 272-6547**

*Opportunities for adults ages 18 and older in carpenter, millwright, and drywall/tile worker apprenticeships. FREE*

### Arizona DES Benefits/ Family Assistance (Various locations)

**(602) 542-5954**

**[www.azdes.gov/faa](http://www.azdes.gov/faa)**

*Cash Assistance- Provides temporary financial assistance for children who are needy and dependent and who are living with caregivers (relatives) for a maximum of 60 months.*

*In addition, needy families may qualify for one-time economic assistance to assist in securing/keeping a job and discourage on-going assistance. Temporary Assistance for Needy Families (TANF)- Offers economic assis-*

*tance to families of dependent children in deprivation circumstances. Round trip transportation to medical appointments, child care, work, and health care appointments.*

**Glendale (623) 842-6300**

**Peoria (602) 771-0011**

**Phx Central (602) 495-1308**

**Phx Maryvale (623) 245-6300**

**Phx North (602) 843-3934**

**Phx Sunnyslope (602) 242-0024**

**Surprise (602) 771-1840**

### Arizona DES Division of Employment & Rehabilitation Services Employment Administration

Various locations

**(602) 542-5954**

*Jobs Program—Those who qualify for the TANF Program*

*(Temporary Assistance for Needy Families receive employment training and case management that focuses on finding employment. Job Service Program matches up employers with qualified applicants. FREE*

### Arizona DES Employment Administration/WIA

1789 W. Jefferson Street  
Phoenix, AZ 85007-3202

**(602) 542-3957**

*One-stop service for employment, training, and educational programs and services for both job-seekers and employers. FREE*

## Employment

### Arizona DES Rehabilitation Services

(Locations Valleywide)

**(602) 542-3332**

**[www.azdes.gov/rsa](http://www.azdes.gov/rsa)**

*People with developmental and physical disabilities are provided vocational counseling, skills training for employment, evaluation and the removal of barriers to employment, and job search assistance. As of 7/2010 there continues to be a waiting list to receive services. FREE*

### Arizona Call-A-Teen

#### Youth Resources

649 N. 6<sup>th</sup> Avenue

Phoenix, AZ 85003-1530

**(602) 252-6721**

*Youth ages 14-21 who are fall under income guidelines may take Adult Basic Education classes, GED classes, attend a charter school run by Arizona Call-A-Teen, receive job placement and coaching services, and participate in construction and educational trade apprenticeships. FREE*

### AZ-IBEST Program

420 N. Central #1012

Avondale, AZ 85323

**(480) 377-4403**

*Educational program to earn a GED and learn occupational skills at the same time. Stu-*

*dents must be at least 16 years of age. CALL FOR COST*

### Arizona Women's Education & Employment, Inc. (AWEE)

(Locations Valleywide)

**(602) 223-4333**

**[www.awee.org](http://www.awee.org)**

*Provides training workshops, educational guidance, employment assistance, post-program support, and employment re-entry services to adults, low-income youth, and anyone with barriers to securing employment. FREE*

### Care1st Avondale Resource and Housing Center

328 W. Western Ave.

Avondale, AZ 85323

**(623) 333-2703**

*Job counseling from Maricopa County Workforce Connections. FREE*

### Chicanos por la Causa (CPLC)

1112 E. Buckeye Road

Phoenix, AZ 85034-4043

**(602) 257-0700**

**[www.cplc.org](http://www.cplc.org)**

*CPLC's Westside Workforce Development Center offers Adult Education Classes, GED, job readiness, vocational assistance, job training/placement. CALL FOR COST*

### Child Care Resource and Referral

## Employment

**(480) 829-0500 x. 1145**

**[www.azchildcare.org](http://www.azchildcare.org)**

*Scholarships for people who are currently working in child care, are earning less than \$15 per hour, and are interested in a furthering their education in child care (Associates Degree and Child Development Associate); call for eligibility. FREE*

### **Community Kitchen**

**(602) 343-5622**

**[www.FirstFoodBank.org/CommunityKitchen](http://www.FirstFoodBank.org/CommunityKitchen)**

*Low-income and disadvantaged adults may participate in a 16-week foodservice training (preparing meals for the hungry) through St. Mary's Food Bank Alliance. Participants gain skills and are given assistance with job placement upon graduation. FREE*

### **Fresh Start Women's Resource Foundation**

1130 E. McDowell Road  
Phoenix, AZ 85006

**(602) 252-8494**

**[www.fswf.org](http://www.fswf.org)**

*Offers adult women a self-help center for personal and professional growth; parenting workshops; legal services; information and referral; employment resources; mentoring programs. CALL FOR COST*

### **Goodwill of Central Arizona**

(Locations Valleywide)

**(602) 535-4000**

**[www.goodwillaz.org](http://www.goodwillaz.org)**

*Offers a comprehensive youth employment service for those between the ages of 14-21 and adults; career centers Valleywide assist those in resume writing, locating and applying for work. FREE*

### **Greater Phoenix Urban League**

1402 S. 7<sup>th</sup> Avenue  
Phoenix, AZ 85007

**(602) 254-5611**

**[www.greaterphoenixurbanleague.org](http://www.greaterphoenixurbanleague.org)**

*Summer youth employment program for economically disadvantaged Phoenix youth ages 14-21. FREE*

### **Job Accommodation Hotline**

**(800) 526-7234**

**[www.jan.wvu.edu](http://www.jan.wvu.edu)**

*Information and guidance on how to make the workplace accessible. FREE*

### **Job Corps- Phoenix**

518 S. 3<sup>rd</sup> Street  
Phoenix, AZ 85004

**(602) 254-5921**

**<http://phoenix.jobcorps.gov>**

*Provides housing, education, and vocational training to youth ages 16-24 in one setting. Students re-*



## Employment

*ceive a GED, ESL services, counseling, all meals, recreational activities, and college programs. Youth must be drug-free to participate in Job Corps. FREE*

### **Jobs for Arizona's Graduates (480) 441-1807**

**[www.jag.org](http://www.jag.org)**

*Assists at-risk youth in obtaining the academic, personal, and vocational skills in order to advance to college or a successful work setting. Programs located at the following high schools: Dysart, Westview, Tolleson, and Carl Hayden. FREE*

### **Labor's Community Service Agency**

3117 N. 16<sup>th</sup> Street Suite 180  
Phoenix, AZ 85016

**(602) 263-5741**

**[www.LCSAPHX.org](http://www.LCSAPHX.org)**

*Offers pre-apprentice construction*

### **Lifebridge Community Alliance**

7510 N. 27<sup>th</sup> Avenue  
Phoenix, AZ 85051

**(602) 995-2933**

**[www.lifebridgeaz.org](http://www.lifebridgeaz.org)**

*Job skills training; literacy classes; financial management. CALL FOR COST*

### **Marc Center**

2910 N. 35<sup>th</sup> Avenue  
Phoenix, AZ 85017-5262

**(602) 484-4323**

*Offers a job development and program for people with developmental disabilities who would like to work or to remain employed. CALL FOR COST*

### **Maricopa County Human Services Workforce Development**

**(602) 506-5911**

**[www.hsd.maricopa.gov.mwc](http://www.hsd.maricopa.gov.mwc)**

*Job readiness assistance for youth and adults; ABE; vocational assessment and training. Call for more specific eligibility criteria. FREE*

### **Maricopa Workforce Connections Career Development Center West Valley**

1840 N. 95<sup>th</sup> Avenue Suite 160  
Phoenix, AZ 85037

**(602) 372-4200**

*Employment service center that provides employee recruitment, job search assistance, linkage to community resources, and information regarding available jobs. Summer jobs program available for youth 14-24 that includes job seeking skills, resume writing, interviewing skills, and up to 200 hours paid employment. FREE*



## Employment

### **Native Workforce Services**

4520 N. Central Ave., Suite 250  
Phoenix, AZ 85012

**(602) 264-7086**

**[www.phxindcenter.org](http://www.phxindcenter.org)**

*Provides job readiness services to Native Americans that are part of a federally recognized tribe, reside in Maricopa or Navajo-Apache counties. Call for additional eligibility guidelines. Programs include career counseling, skills upgrading, job search assistance and readiness, work experience program*

### **Project PPEP**

**(520) 622-3553**

**[www.ppep.org](http://www.ppep.org)**

*Provides social services throughout rural areas of Arizona. Programs include: employment and training for farm workers and people with limited financial assistance; charter high school in Avondale; proposal development, grant writing, funding development, cultural services, and models of successful practice for children's special educational needs/adult education to Native Americans in rural and urban settings; opportunities for microloans. Call the center for more information. CALL FOR COST*

### **St. Joseph the Worker**

213 S. 11<sup>th</sup> Avenue  
Phoenix, AZ 85007

**(602) 257-4390**

*Assists the homeless and those who are at-risk for homelessness by developing skills/resources for obtaining work. FREE*

### **SCORE Counselors to Arizona's Small Businesses**

2828 N. Central Ave., Suite 800  
Phoenix, AZ 85004

**(602) 745-7280**

**[www.scorephoenix.org](http://www.scorephoenix.org)**

*Offers training and professional counseling in person and online for those who would like to start their own small businesses. FREE*

### **Tetra Services of Phoenix**

2222 North 24th Street  
Phoenix, AZ 85008

**(602) 685-9703**

**[www.thebeacongroupp.org](http://www.thebeacongroupp.org)**

*Provides vocational rehabilitation services to individuals with disabilities in the Phoenix area such as job development, job coaching, and training. Community Re-Integration Services program works with persons with a disability who have a criminal background history. Call for intake appointment. CALL FOR COST*

## Employment

### Women Living Free

9220 W. Coolidge Street  
Phoenix, AZ 85037

**(623) 206-2823**

*Assists women with criminal records in job seeking strategies such as interview techniques, resume writing, job search and placement services. Program begins 12 months prior to release from prison, and participants must be enrolled in GED classes or vocational training. Transitional housing is provided upon release. FREE*

## Financial Counseling

### Consumer Credit Counseling

17235 N. 75<sup>th</sup> Avenue, Ste C125  
Glendale, AZ 85308

**(866) 889-9347**

**[www.cccsouthwest.org](http://www.cccsouthwest.org)**

*Classes on money management, budgeting, and how to manage credit; budget counseling; debt repayment assistance.*

### Lifebridge Community Alliance

7510 N. 27<sup>th</sup> Avenue  
Phoenix, AZ 85051

**(602) 995-2933**

**[www.lifebridgeaz.org](http://www.lifebridgeaz.org)**

*Financial management education . CALL FOR COST*

### Take Charge America

20620 N. 19<sup>th</sup> Avenue  
Phoenix, AZ 85027

**(623) 266-6100**

**[www.takechargeamerica.org](http://www.takechargeamerica.org)**

*Professional consultation regarding debt issues and education in learning how to become financially stable in the long-term. CALL FOR COST*

### Volunteer Income Tax Assistance

4041 N. Central Avenue  
Phoenix, AZ 85012

**(602) 262-6658**

**[www.irs.gov](http://www.irs.gov)**

*Tax preparation services available to low income individuals, seniors, and people with disabilities. FREE*

## Food/Clothing/Basic Needs

### Agua Fria Food and Clothing Bank

405 E. Harrison Dr.  
Avondale, AZ 85323-0845  
**(623) 925-2365**

*Food and clothing for people with low incomes. FREE*

### All Faith Community Services

214 S. 5<sup>th</sup> Street  
Buckeye, AZ 85326

**(623) 386-3513**

**[www.allfaithcs.com](http://www.allfaithcs.com)**

*Food boxes, fresh produce program, food commodities program, emergency baby boxes, clothing bank primarily for low income people in the communities of Buckeye and . CALL FOR COST*

### Arizona DES Benefits/ Family Assistance

Glendale (623) 842-6300  
Peoria (602) 771-0011  
Phx Central (602) 495-1308  
Phx Maryvale (623) 245-6300  
Phx North (602) 843-3934  
Phx Sunnyslope (602) 242-0024  
Surprise (602) 771-1840

**[www.azdes.gov/faa](http://www.azdes.gov/faa)**

*Cash Assistance- Provides temporary financial assistance for children who are needy and dependent and who living with caregivers (relatives) for a maximum of 60 months. In addition, needy families may qualify for one-time economic assistance to assist in*

*getting/keeping a job and discourage ongoing assistance. Temporary Assistance for Needy Families (TANF)- Offers economic assistance to families of dependent children in deprivation circumstances. Round trip transportation to medical appointments, child care, work, and health care appointments. General Assistance - Provides economic assistance to individuals for a limited time-frame \$175/month. DES Client Advocate **(602) 364-2860**— Advocacy for client rights within DES.*

### The Association of Arizona Food Banks

2100 North Central Ave., #230  
Phoenix, Arizona, 85004

**(602) 528-3434**

**[www.azfoodbanks.org](http://www.azfoodbanks.org)**

*Call for a nearby food bank or community dining room. Enter zip code on the website under "Food Provider Directory" and a list of food pantries, community dining, infant boxes, and food co-op boxes nearby are listed. Note that smaller/newer food banks may not be included in their directory. FREE*

**Food/Clothing/Basic Needs****Avondale Community Action**

1007 S. 3<sup>rd</sup> Street

Avondale, AZ 85323-2809

**(623) 333-2700**

**[www.avondale.org](http://www.avondale.org)**

*Provides to residents of Avondale, Goodyear, Cashion, and Litchfield Park south of Camelback emergency food assistance via a referral to the Agua Fria Food Bank, clothing referrals, and limited utilities and housing assistance; One Stop Career Center; Individual Development Account program for first-time homebuyers. FREE*

**Benevilla**

16752 N. Greasewood Street

Surprise, AZ 85374-3639

**(623) 584-4999**

**[www.benevilla.org](http://www.benevilla.org)**

*Offers a variety of social services for residents in the Northwest Valley such as adult day services for persons with dementia, home visits to assist people with personal and financial organization, emergency errand service, emergency response, friendly visitors/phone support, home maintenance, information and referral, shopping services, life planning, medical transportation, support groups, intergenerational activities including a garden project, and childcare activities for children ages 6 weeks-five years. CALL FOR COST*

**Bountiful Baskets**

**[www.BountifulBaskets.org](http://www.BountifulBaskets.org)**

*Food co-op that offers a large produce basket every other week for \$15 that is worth \$50. Organic baskets cost \$25. Pick up baskets on Saturday mornings in numerous locations across the Valley. You need to pay online for the produce before picking up food from Tuesday @noon-Wednesday at 10PM (2-3 days before picking up the basket). Pay online and check for the pickup location nearest you on the website. \$15 per food basket; organic food is \$25*

**Buckeye Community Action**

106 N. 5<sup>th</sup> Street

Buckeye, AZ 85326

**(623) 349-6615**

**[www.buckeyeaz.gov](http://www.buckeyeaz.gov)**

*Limited assistance for utility, water, rent, mortgage, and move-in payments; weatherization program; case management for low-income/homeless families and individuals; air conditioning repairs; seasonal Adopt-a-Family programs. FREE*

**Care 1<sup>st</sup> Avondale****Resource Center**

328 Western Avenue

Avondale, AZ 85323

**(623) 333-2703**

*The City of Avondale's Care1st Avondale Resource Center offers*

## Food/Clothing/Basic Needs

*a one-stop social services clearinghouse to residents from the West Valley seeking access to housing and human services including: assistance to people wanting to apply for AHCCCS health care, Nutrition Assistance and Cash Assistance, homebuyer assistance, credit counseling, housing rehabilitation, citizenship, behavioral health, English and literacy classes, community mentoring, teen pregnancy support, parenting, career readiness and employment, and services to seniors and the developmentally disabled. CALL FOR COST*

### **The Clothing Shop**

Surprise, AZ

**(623) 875-9000 ext. 152**

*Free quality recycled clothing available for people in need. The Clothing Shop is run by a church in Surprise. A referral from a social service agency is needed for participation in the program- person who refers can call and request a referral form. FREE*

### **Community Food Connections, Inc.**

**(602) 493-5231**

*Administers farmers' markets in Arizona; offers educational programs to increase fruit and vegetable intake among low-income children, women, and seniors;*

*program accepts Food Stamps and TANF benefits as payment for food products. Call for nearby farmers' markets. FREE*

### **Desert Mission Food Bank**

9229 N. 4<sup>th</sup> Street

Phoenix, AZ 85020

**(602) 870-6062**

*Emergency food boxes, government commodities, and food cooperative programs. CALL FOR COST*

### **First Southern Baptist Church of Phoenix**

3100 W. Camelback Road

Phoenix, AZ 85017

**(602) 242-6104**

*Food and clothing bank every Wednesday from 9-11AM. Must be 18 years old and have a photo ID. FREE*

### **Gila Bend Community Action Program**

202 N. Euclid Street

P.O. Box 439

Gila Bend, AZ 85337

**(602) 252-3186**

*Limited assistance for utility, rent, mortgage, and move-in payments; weatherization program; case management for low-income/homeless families and individuals; air conditioning repairs. FREE*



**Food/Clothing/Basic Needs****Glendale Community  
Action Program**

5949 W. Northern Ave., Ste 205  
Glendale, AZ 85301-2526

**(623) 923-2854**

*Limited assistance for utility, rent, mortgage, and move-in payments; weatherization program; case management for low-income/homeless families and individuals; air conditioning repairs. FREE*

**Goodwill of Central Arizona  
(Locations Valleywide)**

**(602) 535-4000**

**[www.goodwillaz.org](http://www.goodwillaz.org)**

*Thrift stores across the Valley that sell discounted clothing, books, furniture, household items. 50% off the entire store every other Saturday.*

**Interfaith Cooperative  
Ministries**

501 N. 9<sup>th</sup> Avenue  
Phoenix, AZ 85007

**(602) 254-7450**

**[www.icmaz.org](http://www.icmaz.org)**

*Provides "basic human needs" items such as food boxes, clothing, toiletries, utilities and prescription assistance when resources are available, shoes, work uniforms, and on-site free medical care. Case management is also offered. FREE*

**John F. Long Family  
Services Center**

3454 N. 51<sup>st</sup> Avenue  
Phoenix, AZ 85031

**(602) 262-6510**

*Provides services that encourage self-sufficiency in families such as linkage to appropriate social services, emergency financial assistance, transportation, and emergency food boxes. The center serves City of Phoenix low income families who live in the Maryvale area. People age sixty and older may call (602) 202-6031 for services. FREE*

**Joshua Tree Feeding Program**

1601 W. Indian School Road  
Phoenix, AZ 85015-5233

**(602) 264-0223**

**[www.joshuatreefeedingprogram.org](http://www.joshuatreefeedingprogram.org)**

*Provides hot lunches every Tuesday with educational programs to people with HIV; food boxes provided after the lunch. FREE*

**Lifebridge Community Alliance**

7510 N. 27<sup>th</sup> Avenue  
Phoenix, AZ 85051

**(602) 995-2933**

**[www.lifebridgeaz.org](http://www.lifebridgeaz.org)**

*Referral assistance for health and social services; clothing; food bank. CALL FOR COST*

## Food/Clothing/Basic Needs

### **New Jerusalem Christian Church/ Iglesia Cristiana Nueva Jerusalén**

6331 West Lamar Road  
Glendale AZ 85301  
**(623) 939-2929**

*Attend a church service (bilingual) and receive two large bags of food. Call for service times. FREE*

### **Peoria Community Action Program (also serving El Mirage, Wickenburg, Aguila, and other communities)**

8335 W. Jefferson Street  
Peoria, AZ 85380  
**979-3911**

*Limited assistance for utility, rent, mortgage, and move-in payments; weatherization program; case management for low-income/homeless families and individuals; air conditioning repairs. FREE*

### **Phoenix Rescue Mission**

1801 W. 35<sup>th</sup> Avenue  
Phoenix, AZ 85009  
**(602) 233-3000**

**[phoenixrescuemission.org](http://phoenixrescuemission.org)**  
*Homeless emergency services; addiction recovery program for 21 men lasting 12 months that includes addictions counseling, education evaluation and advancement, employment preparation and bible studies; low-*

*income family support (food boxes, diapers CALL FOR COST-clothing) FREE*

### **St. Mary's Food Bank Alliance** (Three Westside locations)

5605 N. 55<sup>th</sup> Avenue  
Glendale, AZ 85301  
**(623) 934-5331**

4211 N. 43<sup>rd</sup> Avenue  
Phoenix, AZ 85031  
**(602) 272-6326**

13050 W. Elm Street  
Surprise, AZ 85374  
**(602) 242-3663**

*Distributes food to programs that serve people in need of food, including seniors and the disabled; emergency baby boxes; Food Value Club (food boxes sold for less than the value of the food); Kids Alliance Café that offers evening meals to hungry children as well as homework help, arts, and sports.*

### **Salvation Army Service Centers**

(Westside locations in Phoenix and Sun City areas)

**Glendale (623) 934-0469**

**Phoenix (602) 267-4122**

**Sun Cities (623) 977-1084**

**[www.salvationarmycares.org](http://www.salvationarmycares.org)**

*Food, rent, utilities assistance, back to school clothing, resource linkage, emergency linkage, housing assistance to families in economic crisis, shelter for survivors*

## Food/Clothing/Basic Needs

*of domestic violence, temporary housing for families with children, hygiene packages, Christmas Adopt a Family program; church programs; thrift stores Valley-wide. Note that there are some differences in services provided between the Glendale, Phoenix and Sun Cities Service Centers. FREE*

### **SNAP/Food Stamps—Phoenix (602) 542-9935**

*National program to provide people with a subsidy for groceries who meet income guidelines. SLIDING SCALE*

### **Society of St. Vincent de Paul-Diocese of Phoenix**

420 W. Watkins Rd.  
Phoenix, AZ 85050  
Mailing address: PO Box 72494  
Phoenix, AZ 85002-3600  
**(602) 254-3338**

***stvincentdepaul.net***

*Provides food boxes, clothing vouchers, and has community dining rooms in Peoria and Surprise. FREE*

### **Tolleson Community Services Program/CAP**

9555 W. Van Buren Street  
Tolleson, AZ 85353  
**(623) 936-1407**

*Limited assistance for utility, rent, mortgage, and move-in payments;*

*weatherization program; case management for low-income/homeless families and individuals; air conditioning repairs and water assistance; back to school clothing; transportation services; emergency food.. FREE*

### **The Treasure Box**

**(866) 712-0925 ext. 110**

***kgould@thetreasurebox.org***

*The Treasure Box offers people a 21-25 lb. box of frozen meats, frozen vegetables, fruits, side dishes, and a dessert for \$30 each. The boxes are available once a month and are valued at \$65-\$100. 1,500-3,000 families purchase boxes monthly, and there are no income restrictions. The food is enough to feed a family of four for almost a week and an individual for a month. COST: \$30 per box of food*

### **St. Anthony of Padua Church**

232 N Tegner Street  
Wickenburg, AZ 85390  
**(928) 684-2096**

*Provides food boxes for those in financial need in the far West Valley (Wickenburg, Aguila) FREE*

### **Valley of the Sun Diaper Bank (602) 253-0500**

***www.valleydiaperbank.org***

*Diapers for adults and children that are distributed to Phoenix*

## Food/Clothing/Basic Needs

*agencies in need of them for clients. FREE*

### Valley View Community Food Bank

11115 W. Nevada Avenue  
(South of Grand Ave. off of 111<sup>th</sup> Ave.)  
Youngtown, AZ 85363

**(623) 933-3358**

*Emergency food boxes for individuals/families with economic need. Bring a photo ID and birth certificates for children under the age of 18 to receive a free food box. Food bank hours: M-F 9AM-1PM (summer hours) Call for hours at other times of the year. FREE*

### Vineyard Church Food Bank

6250 W. Peoria Ave.  
Glendale, AZ 85302

**(623) 934-4000**

**[www.vineyardnorthphoenix.com](http://www.vineyardnorthphoenix.com)**

*Provides food to individuals in need. Bring a photo ID and proof of residence to receive a food box twice a month and visit the clothing bank. FREE*

### The Wise Owl

**(928) 684-7894**

*Provides temporary help with utility bills and assistance with referrals such as the Arizona Eye Institute. Service is for residents in Wickenburg and Aguila. FREE*

### World Hunger, Education, Advocacy, and Training (WHEAT)-Clothing Silo

4000 N. 7<sup>th</sup> Street Suite #102  
Phoenix, AZ 85014

*Donated women's general clothing and business clothing for low-income women. LOW-COST*

### Women, Infants, and Children Program of Arizona- WIC

(Locations in Avondale, Glendale, Luke Air Force Base, Maryvale, North Valley, Phoenix, Sunnyslope, Surprise, Thunderbird, Tolleson, and Wickenburg )

General information

**(602) 506-9333**

**[www.azwic.gov](http://www.azwic.gov)**

### Inter Tribal Council of Arizona WIC Program

(Call for locations)

**602) 258-4822**

*Women with low incomes who are pregnant and/or have children ages 0-5 receive healthy supplemental foods (milk, juice, peanut butter, cereal, etc...), breastfeeding and nutrition education, and health tracking of their children's physical growth. Breastfeeding support groups are located at the Thunderbird location, and at two other locations in Central Phoenix. Men with children 0-5 also qualify. Breastfeeding warm line- provides comprehensive support services for WIC moms who are breastfeeding, including 24-hour support line **(602) 506-9336** FREE*

## Housing

### Arizona Department of Housing

1110 W. Washington St., Ste 310  
Phoenix, AZ 85007-2954

**(602) 771-1000**

**[www.azhousing.gov](http://www.azhousing.gov)**

*Find an Affordable Apartment-online site that lists affordable apartments and other housing in Arizona. FREE*

**(887) 428-8844**

**[www.socialserve.com](http://www.socialserve.com)**

*Homes for Arizonans Program-provides subsidies of up to \$20,000 to very low income individuals and families who would like to purchase a home. Call to determine if program is still funded. FREE*

### Bridge

1815 W. Missouri Suite 210  
Phoenix, AZ 85015

**(602) 589-5556**

**[www.childhelp.org](http://www.childhelp.org)**

*Transitional housing for between 12-24 months to homeless and drug free families with children with a desire for employment and independence; services provided to foster independence. Waiting list. Will not turn away clients without resources. PROGRAM FEE OF \$152/MONTH*

### Care1st Avondale Resource and Housing Center

328 W. Western Ave.  
Avondale, AZ 85323

**(623) 333-2703**

### ***Housing Our Community-***

*Counsels first-time home-buyers in the Avondale Homebuyer Assistance Program. Call **(480) 649-1335** for more information. FREE*

### ***Valle del Sol Homelessness Prevention and Rapid Re-***

***Housing Program-*** Works to prevent homelessness and work with those already homeless toward finding housing quickly. Call center for more information. FREE

### **Central Arizona Shelter Services, Inc.**

1209 W. Madison Street  
Phoenix, AZ 85007

**(602) 256-6945**

**[www.cass-az.org](http://www.cass-az.org)**

*Emergency shelter with case management, job placement, child care, and other supportive services for homeless families and individuals. FREE*

### **Chicanos por la Causa**

1112 E. Buckeye Road  
Phoenix, AZ 85034-4043

**(602) 257-0700**

**[www.cplc.org](http://www.cplc.org)**

### **Chicanos por la Causa Federal Credit Union**

***Housing Counseling-*** Assistance for homeowners at-risk of defaulting on their mortgage or may be facing foreclosure.



## Housing

### Community Housing Resources of Arizona

500 E. Thomas Road, Ste 300  
Phoenix, AZ 85012-3206  
**(602) 631-9780**

*Administer first-time buyer programs in Glendale and Phoenix. Eligibility is determined by the agency. A first time home buyer is someone who has never purchased a home or hasn't purchased a home or had ownership in a home for the last three years. To qualify for the Glendale program the family income is required to be 80% or below median income (52,700 for a family of four) and 120% of median income or below (\$79,080 for a family of four) in Phoenix. Call to determine if programs are still offered. FREE*

### Community Services of Arizona/Los Vecinos

6704 N. 59<sup>th</sup> Avenue  
Glendale, AZ 85301  
**(623) 435-2255**

**[www.csainc.org](http://www.csainc.org)**

*Offers home buying assistance opportunities for low-moderate income Arizona families who want to purchase a home but have barriers with down payments, minor repairs, or closing costs. CALL FOR COST*

### Community Network for Accessing Shelter

**24 SHELTER HOTLINE**  
**(602) 263-8900 or**  
**1-800-799-7739**

*Assistance in locating an emergency, homeless, and the domestic violence shelters in Maricopa County. FREE*

### Greater Phoenix Urban League

1402 S. 7<sup>th</sup> Ave.  
Phoenix, AZ 85007  
**(602) 254-5611**

**[www.greaterphoenixurbanleague.org](http://www.greaterphoenixurbanleague.org)**

*Housing resources for low-moderate income families including apartments for adults with an income of less than 60% of the median income. FREE*

### HomeBase Youth Services, Inc

931 E. Devonshire Avenue  
Phoenix, AZ 85014-4616  
**(602) 245-7777**

**[www.hbys.org](http://www.hbys.org)**

*Provides a variety of services for runaway youth ages 18-21 such as mobile medical services, GED preparation and employment skills training, street outreach for homeless youth (food, water, etc.), and transitional living for up to two years. Drop-in area offers computer space, classes, laundry facilities, and a clothing bank. All may receive free medical care from Phoenix Children's*

## Housing

*Hospital mobile services. Participants must be drug-free. FREE for most programs; transitional living is sliding scale*

### Home Resolution Program

**[www.homeresolutionprogram.org](http://www.homeresolutionprogram.org)**

*Offers ways of avoiding home foreclosure for persons in financial hardship via lower mortgage payments or other alternatives. FREE*

### Homeward Bound

2302 W. Colter  
Phoenix, AZ 85015-2750  
**(602) 263-7654**

**[www.hbphx.org](http://www.hbphx.org)**

*Transitional housing and social services (12-24 months) for the homeless, soon to be homeless, and families leaving domestic violence situations. Families must earn less than 50% of the median area income, with no chemical dependency problems and be motivated make changes for eventual independence. Free child-care; counseling; classes that promote independence such as budgeting and job readiness; clients pay 20% of income for the housing. 95% success rate in long-term self-sufficiency. 20% INCOME FOR HOUSING*

### House of Compassion

**(602) 316-5644**

*Offers faith-based transitional*

*housing for families with children with problems related to chemical dependency, abuse, or homelessness. CALL FOR COST*

### Housing Authority of Maricopa County

2024 N. 7<sup>th</sup> Street Ste 101  
Phoenix, AZ 85006-2155  
**(602) 744-4500**

**[www.maricopahousing.org](http://www.maricopahousing.org)**

*Families with low incomes may qualify for public housing and rental subsidies (Section 8). There is a waiting list at the current time. SLIDING SCALE*

### Maggie's Place

**(602) 262-5555**

**[www.maggiesplace.org](http://www.maggiesplace.org)**

*Housing for pregnant women 18+ who have no other children and don't use drugs including alcohol. FREE*

### Maricopa County Health Care for the Homeless

**(602) 372-2110**

*Health care for the homeless in Maricopa County including street outreach, case management, mental health, substance abuse services, and primary medical care. FREE*

### Mercy Connection

14175 W. Indian School Road  
Bldg. 4105  
Goodyear, AZ 85395

## Housing

**(623) 386-7432**

**[www.mercyconnection.com](http://www.mercyconnection.com)**

*Emergency services for pregnant women (with or without children) in crisis such as short-term housing for survivors of domestic violence. FREE*

### **Mercy Housing Southwest**

401 W. Baseline Road Suite 105  
Tempe, AZ 85283

**(602) 952-9525**

**[www.mercyhousing.org](http://www.mercyhousing.org)**

*Provides and manages several apartment complexes for people with special needs, low-income individuals and families, and seniors in Avondale, El Mirage, Phoenix, and Tolleson, as well as in other Valley locations. Call to check for apartment availability as well as single-family housing. SLIDING SCALE*

### **Mortgage Foreclosure Hotline**

**(877) 448-1211**

*Connects individuals in danger of losing their homes to foreclosure with agencies that assist in avoiding foreclosure. FREE*

### **National Runaway**

#### **Switchboard**

**(800) 786-2929**

**[www.1800runaway.org](http://www.1800runaway.org)**

*Provides a one-way bus ticket for homeless or runaway youth ages 12-20. FREE*

### **Open Table**

**(602) 793-0533**

**[www.theopentable.org](http://www.theopentable.org)**

*Develops faith-based groups of people into resource and planning teams that work with impoverished and homeless individuals and families toward self-sufficiency. Team members identify barriers to services and assist the recipient in connecting with programs that will help achieve the goal of independence. FREE*

### **Phoenix Dream Center/**

#### **The Rescue Project**

**(602) 346-8700**

**[www.phxdreamcenter.org](http://www.phxdreamcenter.org)**

*Provides support services including counseling and housing to girls age 11 and older and women survivors of human trafficking and/or sex trafficking. FREE*

### **Phoenix Rescue Mission**

1801 S. 35<sup>th</sup> Avenue

Phoenix, AZ 85009

**(602) 233-3000**

**[phoenixrescuemission.org](http://phoenixrescuemission.org)**

*Homeless emergency services; addictions recovery program for men ages 18 years and older lasting 12 months that includes addictions counseling, education evaluation and advancement, employment preparation*

## Immigrant/Refugee Services

**Appointments call  
(602) 252-5609 or  
(602) 257-4323**

*Medical clinic with a variety of services. Free or Sliding Scale*

### **Chicanos por la Causa**

1112 E. Buckeye Road  
Phoenix, AZ 85034-4043  
**(602) 257-0700**

**[www.cplc.org](http://www.cplc.org)**

- **Centro de la Familia-** Behavioral health services including 1:1, group, youth, and family counseling.
- **Mothers against Gangs-** Peer support group for youth ages 8-18 with community involvement and leadership opportunities.
- **Chicanos por la Causa Federal Credit Union**
- **Housing Counseling-** Assistance for homeowners at-risk of defaulting on their mortgage or facing foreclosure.
- **Westside Workforce Development Center**
- Adult Education Classes, GED, job readiness, vocational assistance, job training/placement.
- **Corazon-** Residential treatment for men 18 or over with chemical dependency.
- **LUCES-** Case management for people living with HIV.
- **Rosa Lina- Gene Rice Senior Center (Peoria)**
- Offers housing for seniors in an independent living facility.

- **Santa Rosa Senior Center**
- Senior center with congregate meals, recreation, and socialization.

### **Community Outreach and Advocacy for Refugees**

**[www.coarweb.org](http://www.coarweb.org)**

*Recruits and trains volunteers to provide personal and individual support to refugee families that have recently been resettled and encourages refugee students to continue in higher education. Volunteers live in the same community as the families do. FREE*

### **Concilio Latino De Salud**

546 E. Osborn Road #22  
Phoenix, AZ 85012  
**(602) 285-0970**

**[www.concilio.org](http://www.concilio.org)**

*Provides cross-cultural/bilingual assistance, advocacy, and resource linkage to needed health services; help in completing AHCCCS applications. Call for an appointment. FREE*

### **Department of Economic Security Refugee Resettlement Program**

**(602) 542-6644**

*Provides coordination of support services and linkage to social, medical, and behavioral health services to refugees from all over the world and who are resettling in Arizona. FREE*

## Immigrant/Refugee Services

### **Friendly House**

802 S. 1<sup>st</sup> Avenue  
Phoenix, AZ 85003

**(602) 257-1870**

**[www.friendlyhouse.org](http://www.friendlyhouse.org)**

*Offers six program areas for immigrants to the Valley: Adult Education and Workforce Development, Family Services and Parenting, Homecare for the Elderly and Disabled, Immigration and Legal Services, and Youth Education Services. CALL FOR COST*

### **Fresh Start Women's Resource Foundation**

1130 E. McDowell Road  
Phoenix, AZ 85006

**(602) 252-8494**

**[www.wehelpwomen.com.org](http://www.wehelpwomen.com.org)**

*Offers free English classes; a women's self-help center for personal and professional growth; parenting workshops, legal services, information and referral, employment resources, and mentoring programs are available. CALL FOR COST*

### **Glendale Family Development Center**

7800 N. 59<sup>th</sup> Avenue  
Glendale, AZ 85301

**(623) 934-7001**

**[www.familydevcenter.org](http://www.familydevcenter.org)**

*Offers affordable child care based on family income, parenting classes for those with children en-*

*rolled in the program, ESL and GED instruction. CALL FOR COST*

### **International Rescue Committee**

5227 N. 7<sup>th</sup> Street  
Phoenix, AZ 85014-2802

**(602) 433-2440**

**[www.theirc.org](http://www.theirc.org)**

*Immigrants are provided assistance with citizenship, travel documents, and related forms; financial education; matching savings accounts to assist in a home, car, or business purchase; job development services, financial assistance. Victims of human trafficking can receive assistance with food, shelter, health care, legal, mental health counseling, and translation services. CALL FOR COST*

### **Lifebridge Community Alliance**

7510 N. 27<sup>th</sup> Avenue  
Phoenix, AZ 85051

**(602) 995-2933**

**[www.lifebridgeaz.org](http://www.lifebridgeaz.org)**

*Literacy classes; referral assistance; job skills training; youth programs. CALL FOR COST*

### **Lutheran Social Services**

2020 W. Indian School Road  
Suite E26

Phoenix, AZ 85015

**(602) 248-4400**



## Immigrant/Refugee Services

### **[www.lss-sw.org](http://www.lss-sw.org)**

*Provides limited legal services to immigrants who are applying for political asylum and survivors of domestic violence; counseling and support to individuals and families during times of emotional distress; counseling to the general public; disaster relief services; comprehensive refugee resettlement services. FREE*

### **Maricopa County Public Health Refugee Health**

1645 E. Roosevelt Street  
Phoenix, AZ 85006

**(602) 506-6650**

*Provides case management, disease screening, health assessments, and immunizations for refugees who have recently arrived to the Valley. FREE*

### **Maricopa Workforce Connections Career Development Center- West Valley**

1840 N. 95<sup>th</sup> Avenue Suite 160  
Phoenix, AZ 85037

**(602) 372-4200**

*Employment service center that provides employee recruitment, job search assistance, linkage to community resources, and information regarding available jobs. FREE*

### **Mission of Mercy Mobile Clinic**

(Locations listed below)

### **[www.amissionofmercy.org](http://www.amissionofmercy.org)**

*Free mobile clinic offering a variety of medical services. Call for availability of specialized procedures. FREE*

### **Appointments**

**(602) 486-7798**

Tuesdays from 1PM-6PM or

Thursdays from 9AM-2PM

Clinic hours 8AM-3PM

Clinic locations:

St. Catherine of Siena-Teen Center

6600 S. Central Ave.

Phoenix, AZ 85042

*Open 2nd & 4th Tuesday of the month*

Maryvale Church of the Nazarene

3201 N. 51<sup>st</sup> Avenue

Phoenix, AZ 85031

*Open 2nd & 4th Monday of the month*

### **Phoenix Housing Department**

**(602) 262-6794**  
*Affordable housing (apartments; single-family homes) for people living in the City of Phoenix who have low-moderate incomes and for the disabled and elderly.*

*Housing is located all over Phoenix. SLIDING SCALE*

### **Refugee and Immigrant Relief Center**

3001 W Indian School Rd, 210

## Immigrant/Refugee Services

Phoenix, AZ 85017-4167

**(602) 277-5957**

**[www.rircaz.org](http://www.rircaz.org)**

*Offers refugees social, educational (English as a Learned Language, and economic services to those living in the inner-city Phoenix area. Select legal services related to citizenship are offered. Translation services are available on a limited basis. FREE*

### Refugee Women's Health Clinic

Comprehensive Healthcare Center, Women's Care Center,  
2525 E. Roosevelt Street  
2nd Floor

Phoenix, Arizona 85008

**602-344-5407**

**[www.mihs.org](http://www.mihs.org)**

*Comprehensive medical care for women of all ages; translation services during medical appointments. SLIDING SCALE*

### Rio Salado Community College

(Locations Valleywide)

**(480) 517-8110**

**[www.riosalado.edu/PROGRAMS](http://www.riosalado.edu/PROGRAMS)**

*ABE- Adult Basic Education (literacy) FREE*

*GED- test preparation FREE*

*ACE- Scholarship based program for GED preparation and up to 24 hours of college credits FREE*

*WITH SCHOLARSHIP*

*ELLA- English as a Learned Lan-*

*guage for legal residents*

*(All programs restricted for residents who can show an Arizona Driver License or an AZ Photo ID.) FREE*

### St. Vincent De Paul/ Virginia Piper Clinic

420 W. Watkins

Phoenix, AZ 85003

**Appointments**

**(602) 261-6868**

**[www.stvincentdepaul.org](http://www.stvincentdepaul.org)**

*Medical and dental services to the uninsured. FREE*

### United States Citizenship and Immigration Service

2035 N. Central Avenue

Phoenix, AZ 85004

**800-375-5283**

**[www.uscis.gov](http://www.uscis.gov)**

*Offers assistance in completing immigration documents; administers programs such as country adoption, refugee status, asylum, and lawful permanent residency. CALL FOR COST*

### Unlimited Potential

6520 S. Central

Phoenix, AZ 85066

**(602) 243-7376**

**[www.upaz.org](http://www.upaz.org)**

*Offers two-year educational program for Hispanic immigrant women living in the South Mountain community, children in pre-*

## Immigrant/Refugee Services

*school, and families including early childhood program for children 6 months-5 years old; developmental program to promote strong communication and socialization; GED program in Spanish and other adult education programs; evening and weekend family activities. The program has a 80% retention rate ; current waiting list. FREE*

### Valle Del Sol

1209 S. 1<sup>st</sup> Avenue  
Phoenix, AZ 85003

**(602) 258-6797**

**[www.valledelsol.com](http://www.valledelsol.com)**

*Offers many behavioral health services for children and adults, including school/home/office-based 1:1 and family counseling, psychiatric services, support services to stabilize stressed families, parenting classes, groups for youth: Girls Resiliency Group, anger and stress management groups, and a Youth Leadership Training; substance abuse treatment including an Opioid Treatment Program for adults. SLIDING SCALE*

### Welcome to American Project

**(602) 490-0088**

**[www.wtap.org](http://www.wtap.org)**

*Provides furniture and household items to families who have been resettled to Phoenix by the United Nations. FREE*

## Legal Services

### American Civil Liberties

#### Union of Arizona

**(602) 650-1967**

**[www.acluaz.org](http://www.acluaz.org)**

*ACLU represents people who believe that their constitutional rights and civil liberties have been violated. Due to high number of requests most are turned down. Those wanting assistance should complete the online application available on the website. FREE*

### Arizona Center for Disability Law

5025 E. Washington St. Ste 202  
Phoenix, AZ 85034-7439

**(602) 274-6287**

*Legal advocacy for people with developmental, psychiatric, cognitive, or physical disabilities related to housing, education, health care, accessibility, and other areas. FREE*

### Arizona Coalition Against Domestic Violence

**(800) 782-6400**

**[www.azcadv.org](http://www.azcadv.org)**

*Provides extensive information and referral and legal advocacy to domestic violence survivors and their loved ones. Call M-F 8:30AM-5PM. FREE*

## Legal Services

### Arizona Fair Housing Center

615 N. 5<sup>th</sup> Avenue  
Phoenix, AZ 85003

**(602) 548-1599**

**[www.azfairhousing.net](http://www.azfairhousing.net)**

*Provides services to individuals who have experienced housing discrimination; legal referrals. FREE*

### Arizona Foundation for Legal Services and Education

4201 N. 24<sup>th</sup> Street, Suite 210  
Phoenix, AZ 85016

**(602) 340-7366**

**[www.azflse.org](http://www.azflse.org)**

*Provides access to justice for Arizonans in need through financial and technical assistance; probation resource offices, teachers and administrators. FREE*

### AZ Law Help

**[www.AZLawHelp.org](http://www.AZLawHelp.org)**

*Informative website with many different types of free or reduced legal resources. FREE*

### Arizona Senior Citizens Law Project

1818 S. 16<sup>th</sup> Street  
Phoenix, AZ 85034

**(602) 252-6710**

**[www.azlawhelp.org](http://www.azlawhelp.org)**

*Offers information and legal assistance to seniors in Maricopa County. Volunteer pro bono lawyers and trained advocates help clients with any of the legal issues*

*like government benefits, consumer affairs, wills, probate and guardianship. FREE*

### Care1st Avondale Resource and Housing Center

328 W. Western Ave.  
Avondale, AZ 85323

**(623) 333-2703**

***Community Legal Services-*** *Offers legal services for survivors to survivors of domestic violence. Call Care1st for service day/times. FREE*

### Community Legal Services

305 N. 2<sup>nd</sup> Avenue  
Phoenix, AZ 85003-2402

**(602) 258-3434**

*Offers legal services for a wide variety of issues, including family law, housing, employment, and more. FREE*

### Golden Gate Center

1625 N. 39<sup>th</sup> Ave  
Phoenix, AZ 85009

**(602) 233-0017**

**[www.goldengatecenter.org](http://www.goldengatecenter.org)**

*Offers the KARE Intergenerational Center-legal resources, guardianship issues, support services and case management for grandparents or other relatives who are raising grandchildren. Eligible to those living between Van Buren St. and Camelback and between 27<sup>th</sup> Ave. and 51<sup>st</sup> Ave. FREE*

## Legal Services

### Income Tax Assistance EITC Hotline

**(602) 263-8856**

*Referrals to personal income tax assistance. Call for eligibility requirements.*

### Landlord Tenant Message Line

**(602) 262-7210**

*Offers information about Arizona State landlord and tenant law. FREE*

### Maricopa County Attorney Victim Services- Westside Bureau

3131 W. Durango Street  
Phoenix, AZ 85009-6217

**(602) 372-4000**

*Victims of juvenile and adult felony crime receive criminal status information, support including counseling, and referral services. FREE*

### Parent Assistance Hotline

Phoenix, AZ

**1-800-352-4558**

*Assistance with questions about dependency, custody, child support collection, and help for acting-out teens. FREE*

### Superior Court of Maricopa County

Phoenix, AZ

**(602) 506-3204**

*Provides parenting course that are required of all divorcing parents involved in domestic relations action to educate parents on effects of domestic relations on their children. CALL FOR COST*

### Volunteer Lawyer Program

305 S. 2<sup>nd</sup> Avenue

Phoenix, AZ 85003

**1-800-852-9075**

**[www.vlpmaricopa.org](http://www.vlpmaricopa.org)**

*Pro-bono legal services from volunteer lawyers from across the Valley for adults, children, consumers and employees, tenants and homeowners who can't afford legal services. FREE*



## Lesbian/Gay/Bisexual/Transgender Services

**1n10**  
**(602) 475-7456**  
**[www.1n10.org](http://www.1n10.org)**

*Offers activities and a safe environment to lesbian, gay, bisexual, transgender, and questioning youth between the ages of 14-22. The group encourages positive self-acceptance, healthy living, social networking, and leadership skills. Discussion groups are conducted, and volunteers in a supervised setting work with youth 1:1. FREE*

**Bisexual Network of Arizona**  
**[www.binetaz.org](http://www.binetaz.org)**

*Support and social organization for bisexuals, bi-curious, questioning, and supporters. Men's group and women's group. FREE*

**Gay, Lesbian, and Straight Education Network (GLSEN)-Phoenix Chapter**  
**(602) 705-9780**  
**[www.glsen.org](http://www.glsen.org)**

*Dedicated to promoting safe school environments that are free of prejudice and discrimination, "...regardless of sexual orientation or gender identity/ expression." Teacher's Lounge program for educators to discuss and address LGBT issues in their schools. FREE*

**GLBT National Help Center**  
**1-888-843-4364**  
**[www.glnh.org](http://www.glnh.org)**

*Provides resources and support for the LGBT. FREE*

**National Youth Talkline**  
**1-800-246-7743**

*Online peer support, chat site, and information about resources. FREE*

**NativeOut**  
**(800) 782-6400**  
**[www.nativeout.com](http://www.nativeout.com)**

*Nonprofit online educational and media resources and speaker's bureau that focus on indigenous LGBTQ/Two Spirit people of North America. FREE*

**One Voice Community Center**  
 725 W. Indian School Road #125  
**Phoenix, AZ 85013**  
**[www.1vcc.org](http://www.1vcc.org)**

*Community space for LGBT individuals that offers educational, social, and wellness programs. Ongoing groups/programs include a Men's Discussion Group, Women's Discussion Group, Speaker's Bureau; community classes and workshops; switchboard for resources and an anti-violence project hotline. CALL FOR COST*

## **Lesbian/Gay/Bisexual/Transgender Services**

### **Parents, Families, and Friends of Lesbians and Gays** **(602) 424-5710**

**[www.pflagphoenix.org](http://www.pflagphoenix.org)**

*Support groups, speaker's bureau, and information/referral for lesbian, gay, bisexual, transgender, and questioning individuals as well as their families and friends. FREE*

### **Peer Allies** **(602) 705-1416**

**[www.peerallies.org](http://www.peerallies.org)**

*Youth network that connects student volunteers to Valley schools in order to work toward prevention of bullying and bias. FREE*

### **Track Change** **(602) 577-0920**

**[email: gangulo@nachci.com](mailto:gangulo@nachci.com)**

*Life coaching for males ages 14-24 who have sex with males with the goal of reducing individual risk in contracting/spreading HIV; free confidential HIV testing and testing for the general public. All are welcome. FREE*

### **TransHarmony** Casa De Cristo Church 1029 E. Turney Phoenix, AZ 85012 **(480) 415-7494**

**[www.tgharmony.org](http://www.tgharmony.org)**

*Support group that provides resources, support, and guest speakers to all transgender and*

*gender variant people to promote health and harmony. FREE*

### **Tumbleweed Center for Youth Development**

*Services for at-risk, runaway, and homeless youth ages 9-22 such as crisis intervention, long-term housing, counseling, and skill development; drop-in center Greenhouse Project that provides transitional and independent living skills to GLTBX youth age 18-24; learning center. FREE*

### **Youth Empowerment Project-a project of The Southwest Center for HIV/AIDS**

1144 E. McDowell Road  
Phoenix, AZ 85006

**(602) 277-5166**

**[www.myspace.com/yep\\_phoenix](http://www.myspace.com/yep_phoenix)**  
*Offers a safe environment for gay, bisexual, and transgender youth (14-24 years old) may participate in empowerment programs such as safer sex practices, healthy relationships, and building stronger LGBT communities while building up a positive personal support network. FREE*

## Medical

### AHCCCS

(Locations Valleywide)

**1-602-417-4000**

**[www.azahcccs.gov](http://www.azahcccs.gov)**

*AHCCCS is in Arizona what Medicaid is in other states. Health care is provided for people who are unable to pay for health care and qualify under economic guidelines. Apply online or call for an appointment. Undocumented immigrants are not eligible for AHCCCS. FREE*

### AIDS Drug Assistance Program (800) 334-1540

*Offers financial assistance to help pay for medications not covered by insurance. CALL FOR COST*

### American Cancer Society- Phoenix Chapter

**(602) 778-7697**

**[www.cancer.org](http://www.cancer.org)**

*Provides education and advocacy to reduce cancer; support groups for patients and their families. FREE*

### American Heart Association

**(602) 414-5353**

*Offers CPR classes, education and advocacy to prevent and detect heart disease and stroke; support groups. CALL FOR COST*

### Anthony Bates Foundation

**(low cost heart testing)**

**(602) 482-5606**

**[www.AnthonyBates.org](http://www.AnthonyBates.org)**

*Offers ECHO and EKG tests that are the best detectors for sudden cardiac death.*

*\$40 tax-deductible donation*

### Arizona Department of Health Services

150 N. 18<sup>th</sup> Ave.

Phoenix, AZ 85007-3232

**(602) 542-1025**

**[www.azdhs.gov](http://www.azdhs.gov)**

*ADHS Children's Information Center Hotline***(800) 232-1676**

*24-hour hotline to provide information and referral to health care services for children in Arizona. FREE*

*ADHS Pregnancy and Breastfeeding Hotline*

**(800) 833-4642 FREE**

*ADHS Sickle Cell Program*

**(602) 542-1860**

*Provides screening for hemoglobin disorders and sickle cell.*

*FREE*

### Arizona Helping Hands, Inc.

7890 E. McClain Dr. Ste 5

Scottsdale, AZ 85260-1677

**(480) 889-0604**

**[www.azhelpinghands.org](http://www.azhelpinghands.org)**

*Provides eye exams and glasses to children in low-income families.*

*FREE*

## Medical

### Arizona Institute for Breast Health

8994 E. Desert Cove Avenue  
Scottsdale, AZ 85260-6740  
**(480) 860-4200**

**[www.aibh.org](http://www.aibh.org)**

*Provides a second opinion for persons diagnosed with breast cancer; advocacy for treatment options and support. FREE*

### Banner Hospice **(800) 293-6989**

*Non-profit hospice that assist persons with a terminal illness who have six months or less to live; in-home or inpatient palliative care services provided with a supervising doctor, RN, social worker, and clergy. Services offer support to the patient and the family. Bereavement services are available to family members. SLIDING SCALE*

### Breast Cancer Network of Strength

**(800) 221-2141**

**[www.networkofstrength.org/phoenix](http://www.networkofstrength.org/phoenix)**

*24-hour breast cancer support center; peer support and informational resources. FREE*

### Breastfeeding Warm Line **(602) 506-9336**

*Provides comprehensive support services for WIC moms who are breastfeeding, including 24-hour support line FREE*

### Care Directions **(602) 264-2273**

*Provides individualized assistance in the medical and mental health needs of individuals living with HIV. Also included are family advocates, transportation, legal, food, and support groups. Care plan is developed that address all of the needs of the individual. FREE*

### Center for African American Health **(602) 595-3970**

*Provides preventive medicine opportunities for African Americans through public awareness and screening programs including breast cancer and other cancers, heart disease and diabetes, chronic disease self-management, depression, and maternal health; information and referral to people with HIV/AIDS, domestic violence prevention; health literacy. FREE*

### Centro de Salud— Wesley Community Center

1300 S. 10<sup>th</sup> Street  
Phoenix, AZ 85034-4598

**(602) 257-4323**

*Family practice medical care including health screenings, pregnancy tests, prenatal care, diabetes management, and mental health counseling. SLIDING SCALE*

## Medical

### Childhood Immunization Hotline—Maricopa County (602) 263-8856

*Referral service to Maricopa County residents that provides locations of clinics that offer free immunizations to children birth to 18.*

### City of Hope Phoenix Development Office

6245 North 24<sup>th</sup> Plwy, Ste 110  
Phoenix, AZ 85006-2029  
**(602) 340-8871**

**[www.cityofhope.org](http://www.cityofhope.org)**

*Research and treatment of cancer, leukemia, AIDS, diabetes, metabolic and hereditary disorders, and other serious diseases; bone marrow transplantation unit at Banner Good Samaritan Hospital. FREE- CALL FOR ELIGIBILITY*

### Clinica Adelante

(Various locations below)

**[www.clinicaadelente.com](http://www.clinicaadelente.com)**

*Medical clinics- each one specializing in different medical care such as dental, women's health, WIC, and family care. \$25 minimum visit fee; sliding scale for uninsured clients based on family size and income; appointment needed; for a discount bring proof of income and address. SLIDING SCALE*

*Buckeye Dental- (623)386-1630*

*Buckeye Family Care- (623) 386-4814*

*Buckeye Rural Health (623) 386-6114*

*Gila Bend (928) 683-2269*

*Glendale Family Care-(623) 537-9698*

*Sun City West Adelante Women's*

*Health Care- (623) 544-3214*

*Surprise Tidwell Family Care Center- (623) 546-2294*

*Wickenburg Family Care-(928) 684-9555*

### Desert Nephrology and Hypertension

*Wickenburg- (928) 684-5060*

*Sun City- (928) 684-5060*

*Anthem- (623) 434-6444*

*Discounted medical services.*

*CALL FOR COST*

### EAR Foundation of Arizona— Hearing for Kids

668 North 44<sup>th</sup> Street, Ste 300

Phoenix, AZ 85008

**(602) 685-1050**

*Provides free hearing screening and financial assistance and referrals for low-income children with a hearing loss; loaner hearing aids primarily for children with a newly-diagnosed hearing loss; permanent aids provided if the family meets economic eligibility criteria. Referrals are accepted by schools or healthcare professionals. FREE*

### EyeCare America

**(800) 222-3937**

**[www.eyecareamerica.org](http://www.eyecareamerica.org)**

*24 hour helpline to link seniors to eye care/exams with after care*



## Medical

*for up to one year; referrals to ophthalmologists. US citizens or legal residents who haven't had eye care for at least three years and without an HMO. FREE for uninsured persons*

### **Foundation for Burns and Trauma, Inc.**

333 West Virginia Street, Ste 204  
Phoenix, AZ 85004

**(602) 230-2041**

*Temporary housing for families of burn victims who are hospitalized; school re-entry program for child burn victims; camp for burn survivors ages 6-15; scholarship program; support group. CALL FOR COST*

### **Golden Gate Center**

1625 N. 39<sup>th</sup> Ave  
Phoenix, AZ 85009

**(602) 233-0017**

**[www.goldengatecenter.org](http://www.goldengatecenter.org)**

*Organizes health fairs that offer immunizations and basic health screenings; mammogram clinics, nutrition classes, and physical fitness classes; assistance in locating medical referrals. FREE*

### **Good Night Pediatrics**

8801 West Union Hills Drive  
Peoria, AZ 85382

**(623) 241-9026**

10320 West McDowell Road,  
Building L  
Avondale, AZ 85323

**(623) 643-9233**

*Provides nighttime medical care for children ages birth-18 from 5PM-5AM. This is a for-profit agency, however the clinic states that emergency care at Good Night Pediatrics costs one-fifth of an emergency room visit (average \$200).*

### **HIV Partner Services**

**(602) 506-6897**

*Any person with HIV who wants to anonymously refer partners for testing may contact Partner Services. FREE*

### **Healthcare Connect**

**(602) 288-7564**

**[www.healthcareconnect.org](http://www.healthcareconnect.org)**

*Medical discount program that connects uninsured individuals who meet economic guidelines to medical care providers at affordable prices. Enrollment is \$50 for an individual and \$100 for a family; fees paid at the doctor's office are kept very low; persons with pre-existing conditions are eligible. SLIDING SCALE*

### **Healthcare Options in Arizona Portal**

**[www.healthcare.gov](http://www.healthcare.gov)**

*Enter in basic personal information and the site will give you healthcare options in Arizona. FREE*

## Medical

### HEAR NOW Starkey Foundation (800) 328-8602

#### Application:

[www.sotheworldmayhear.org/pdfs/FORM7970-03-EE-XX-C-2008.pdf](http://www.sotheworldmayhear.org/pdfs/FORM7970-03-EE-XX-C-2008.pdf)

*Provides hearing aids that are Starkey products. The hearing aids are behind-the-ear, in-the-ear, and bone conduction. The client is responsible for locating a hearing health professional that will work with the HEAR NOW provider. HEARING AID FREE; CALL FOR COST OF OTHER SERVICES*

### Hospice of the Valley

1510 E. Flower Street  
Phoenix, AZ 85014-5656  
(602) 530-6900

[www.hospiceofthevalley.org](http://www.hospiceofthevalley.org)

*Persons with a terminal illness who have six months or less to live are provided in-home or in-patient palliative care services with doctor, RN, nurse's aide, social worker, and clergy support to the patient and the family. Bereavement services are available to family members. SLIDING SCALE*

### International Foundation for Functional Gastrointestinal Disorders

(888) 964-2001

[www.iffgd.org](http://www.iffgd.org)

*Information and support for indi-*

*viduals with pediatric/adult gastrointestinal disorders and incontinence. Information available online and in publications. FREE*

### Keogh Health Foundation

1750 East Glendale Avenue  
Phoenix, AZ 85020

(602) 749-4189

[KeoghHealthFoundation.org](http://KeoghHealthFoundation.org)

*Assists families without health insurance to locate insurance options or low-cost medical care; accepts requests from nonprofit agencies for health care premiums to be paid for a few months in an emergency situations. FREE*

### Lions Clubs

1-630-468-6771

[LionsAHAP@lionsclubs.org](mailto:LionsAHAP@lionsclubs.org)

*Provides hearing aids to individuals living within 150-200% of the Federal Poverty standards. Individual clubs determine recipients. Hearing exam performed by a person associated with the particular club. Each club determines its own criteria- call or email above number/website. FREE*

### Maricopa County Department of Public Health

[www.WeArePublicHealth.org](http://www.WeArePublicHealth.org)

Childhood Immunization Partnership

(602) 506-6767

## Medical

*Delivers childhood immunization services in Maricopa County; offers healthcare works, schools, and child care centers immunization information and training. FREE*

### **Disease Control and Prevention**

#### **Community Health Nursing Services (602) 506-6767**

*Medical consultation, referrals, and immunizations. CALL FOR COST*

#### **Disease Control and Prevention of Sexually Transmitted Diseases**

**(602) 506-1678**

*Confidential STD testing, care, and follow-up services; community presentations regarding STD's are available. \$20 for testing*

### **Disease Control and Prevention**

#### **Communicable Disease Reporting**

*HIV/AIDS- (602) 506-6857*

*STD Reporting- (602) 506-1678*

*TB Reporting- (602) 506-5065*

*Other Reporting- (602) 506-6767*

#### **Office of Vital Registration**

*3221 N. 16<sup>th</sup> Street*

*Phoenix, AZ 85016*

**(602) 506-6805**

*Re-issues certified copies of birth certificates (from 1950 to present), death certificates, fetal and stillbirth, and paternities from 1997 to present. \$10 per certifi-*

*cates except paternity (\$23)*

### **West Valley Immunization Clinic**

*6666 W. Peoria Avenue, Ste 113  
Glendale, AZ 85302-7027*

**(602) 506-6767**

*Free immunizations for children that include flu shots. FREE*

### **Health Care for the Homeless (602) 372-2110**

*Health care for the homeless in Maricopa County including street outreach, case management, mental health, substance abuse services, and primary medical care. FREE*

### **Refugee Health**

*1645 E. Roosevelt Street  
Phoenix, AZ 85006*

**(602) 506-6650**

*Provides case management, disease screening, health assessments, and immunizations for refugees who have recently arrived to the Valley. FREE*

### **TB Control and Prevention**

*1645 E. Roosevelt Street  
Phoenix, AZ 85006*

**(602) 372-1407**

*Provides medical treatment including diagnosis to people with latent tuberculosis infection and active tuberculosis disease. FREE*

### **Dental Sealant Program**

**(602) 506-6888**

*Provides at-risk children in Maricopa County a sealant program on permanent molars to prevent*

## Medical

tooth decay. *FREE*

### **Community Nutrition Program**

**(602) 506-9333**

*Offers registered dietitians as consultants for community groups/programs with information focused on nutrition and disease prevention. FREE*

### **Oral Health**

**(602) 506-6684**

*Dental insurance program for residents of Maricopa County with incomes below 185% of the Federal Poverty Income Guidelines. CALL FOR ELIGIBILITY*

### **Well Woman Healthcheck**

**(602) 506-6377**

*Provides breast exams, pap tests, and pelvic exams to women over the age of 40 who have limited income or have insurance that doesn't cover the exams/tests.*

**FREE**

### **Women, Infants, and Children (WIC)**

**(602) 506-9333**

*Women with low incomes who are pregnant and/or have children ages birth-5 receive healthy supplemental foods (milk, juice, peanut butter, cereal, etc...), breastfeeding and nutrition education, and health tracking of*

**Maricopa County FREE**

**Prescription Discount Card**

**1-877-321-2652**

**[www.caremark.com/naco](http://www.caremark.com/naco)**

*All Arizona residents may use this card when prescriptions are not covered by insurance. There are no other restrictions, including no limit on the number of times that the card is used. Visit the above website to determine participating pharmacies- 90% participate. FREE*

### **Maricopa Integrated Health System**

*(Various locations below)*

**(602) 344-5011**

### **Financial Assistance Program:**

**(602) 344-1015**

**[www.Copa@hcs.maricopa.gov](mailto:www.Copa@hcs.maricopa.gov)**

*People who have been denied from AHCCCS qualify for the sliding scale clinics that offer a variety of medical health services, where primarily care visits cost \$10 for those between 0-100% of the Federal Poverty Level (up to \$22,050 for a family of four), specialty visits cost \$35, dental appointments cost \$10, and ER visits are \$25. Persons earning more than 100% of the Federal Poverty level will pay more for services, depending on income. Undocumented immigrants are not eligible for services. SLIDING SCALE*

**MIHS Maricopa Medical Center (Hospital)**

**(602) 344-5011**

**MIHS Behavioral Health Psychiatric Centers**

## Medical

**(480) 344-2000**

**MIHS Arizona Children's Center**

**(602) 344-5051**

**MIHS Phoenix Cancer Center**

**(602) 344-5011**

**MIHS Comprehensive Health Care Women's Care Clinic**

**(602) 344-1015**

*The clinic, as well as the Family Health Centers, offer a family planning/birth control program for women between the ages of 14-44. FREE*

**Complete Comfort Care (non-skilled attendant care)**

**(602) 769-3409**

**Family Health Centers:**

**Avondale- (623) 344-6800**

**El Mirage- (623) 344-6500**

**Glendale- (623) 344-6700**

**Maryvale- (623) 344-6900**

**McDowell- (For HIV positive patients) (480) 344-6550**

**7<sup>th</sup> Avenue- (602) 344-6655**

**South Central- (602) 344-6400**

### **Mountain Park Health Center**

*(Various locations below)*

**(623) 247-6266**

*Sliding scale schedule and provides comprehensive medical services for those who don't qualify for AHCCCS, including pediatrics, women's health, dental, and adult medicine; medical education classes. SLIDING SCALE*

**Maryvale- (623) 247-6266**

**Tolleson- (623) 936-6795**

**Sunnyslope- (602) 344-6300**

**7<sup>th</sup> Avenue - (602) 344-6655**

### **Medical Services Project**

**2600 N. Central Ave., Suite 635**

**Phoenix, AZ 85004**

**(602) 989-9353**

*Provides primary and specialty medical services to uninsured children from low-income families in Arizona who are not served by AHCCCS or KidsCare, however may participate if acceptance to either program is pending. Doctors donate services. School nurses or public health nurses make the referrals. \$5-10 per doctor appointment*

### **Native American Community Health Center, Inc.**

**4250 North Central Avenue  
3rd Floor**

**Phoenix, AZ 85012-3020**

**Phone: (602)-279-5262**

**Westside location:**

**2423 West Dunlap**

**Phoenix, Arizona 85021**

**Phone: (602) 279-5351**

**[www.nativehealthphoenix.org](http://www.nativehealthphoenix.org)**

*Native Americans of all tribes with proof of status (Certificate of Indian Blood or Tribal Enrollment Card) receive medical, dental, and prenatal services; Young Mother's Program; WIC; behavioral health services; adult day health care center and other elder services; diabetes program; Navajo language lessons and Native Traditional Services such as Talking Circles. Free transportation to services. Refugees are welcome to call for availability of*



## Medical

*services. SLIDING SCALE*

### **Native American Connections**

4520 N. Central Ave., Suite 600  
Phoenix, AZ 85012

**(602) 254-3247**

**[www.nativeconnections.org](http://www.nativeconnections.org)**

*Administers housing and behavioral health programs. The housing is affordable and targets Native Americans, people with special needs, substance-abusing women and their children, and low income seniors age 55 and older. The behavioral health care center offers outpatient treatment for adults, pregnant women, people with substance abuse problems and a combination of mental health/substance disorders; parenting adults; residential substance abuse treatment for chemically dependent women and their children. CALL FOR COST*

### **Native Health**

*(Locations in Central and West Phoenix)*

**(602) 279-5262**

**[www.nativehealthphoenix.org](http://www.nativehealthphoenix.org)**

*Provides a wide range of medical, dental, and behavioral health programs; diabetes education program; programs that target first-time pregnant women; substance abuse services; adolescent programs for substance-abusing teens and a youth anger manage-*

*ment class; Native traditional services such as Talking Circles and traditional problem-solving; WIC; services for survivors of domestic violence and all forms of abuse. Services available to Native Americans with proof of status. SLIDING SCALE*

### **Phoenix Area Indian Health Service**

**(602) 364-5039**

*Health services for Native Americans. Native Americans are also eligible for AHCCCS by calling 1-800-528-0142.*

### **Phoenix Area Indian Service Unit-Phoenix Indian Medical**

4212 N. 16<sup>th</sup> Street

Phoenix, AZ 85016

*Walk-in clinic that offers social, education, and employment services to Native Americans. Bring tribal enrollment form, income sources, residency, Social Security card, and identification. FREE*

### **Phoenix Medical Group**

**Peoria- (623) 815-7800**

**Surprise- (623) 815-7800**

**Glendale- (623) 815-7800**

*Discounted medical services. Sliding Scale*

### **Planned Parenthood Arizona**

*(Locations Valleywide)*

## Medical

### **(800) 230-7526**

*Provides comprehensive reproductive health services for women and men including annual pelvic/breast exam with pap test, testing for STDs, HIV, sickle cell, infertility, and contraceptive methods; abortion pill and surgical abortion through 23 weeks; counseling surrounding reproductive issues; services for premenopausal women; training materials for K-12 on sexual health; speakers; classes for youth and parents. SLIDING SCALE*

### **Poison Control Center (Banner)**

**1-800-222-1222**  
**FREE**

### **Pre-Existing Condition Insurance Plan- PCIP- (Federal Health Care Reform Program)** **1-866-717-5826**

[www.pcip.gov](http://www.pcip.gov)  
*Persons with pre-existing medical conditions who are uninsured can enroll for coverage. COST TO BE DETERMINED*

### **Rainbow Medical Group** **Goodyear- (623) 845-8200** **Maryvale- (623) 845-8200** *Discounted medical services*

### **Refugee Women's Health Clinic—Women's Care Center**

2525 E. Roosevelt St., 2nd Floor  
Phoenix, Arizona 85008

**(602) 344-5407**

*Comprehensive medical care for women of all ages; translation services during medical appointments. SLIDING SCALE*

### **St. Vincent de Paul Virginia G. Piper Medical & Dental Clinic—Central Phoenix** **(602) 261-6868**

**(appointments)**

[www.stvincentdepaul.net](http://www.stvincentdepaul.net)

*The clinic offers medical and dental services for the uninsured and to the working poor. Volunteer doctors and some specialists run the clinic. Due to high demand, there is a lottery for dental services, and about 20% are selected to receive the service. FREE*

### **Sertoma Clubs-Sertoma Hearing Aid Recycling Program (SHARP)**

**(816) 333-8300**

[infosertoma@sertomahg.com](mailto:infosertoma@sertomahg.com)

*Provides hearing aids to low-income individuals. FREE*

### **Society of St. Vincent de Paul Diocese of Phoenix**

420 W. Watkins Rd.

Phoenix, AZ 85050

Mailing address: PO Box 72494

Phoenix, AZ 85002-3600

**(602) 261-6896**

## Medical

stvincentdepaul.net

*Friends of Saint Anne Ministry loans medical items for the home including tub transfer benches, shower chairs, toilet risers, bed-side commodes, crutches, canes, walkers, and wheelchairs. FREE LOAN*

### **Southwest Center for HIV/AIDS**

1144 E. McDowell Road

Phoenix, AZ 85006

**(602) 307- 5330**

www.swhiv.org

*Comprehensive services to persons with HIV/AIDS including on-site testing, wellness activities, clinical trials, behavioral health services, and support groups. FREE or SLIDING SCALE*

### **Sun Health Del E. Webb Health Center of Wickenburg**

1395 W. Wickenburg Way, Ste. 928

Wickenburg, AZ 85390

**(928) 684-5428**

*Discounted medical care. CALL FOR COST*

### **TogetherRx Card**

**1-888-227-8315**

www.azcoppercard.gov

*Legal residents with no drug coverage, no Medicare coverage, and incomes equal or less than \$30,000/one person, 40,000/family of two, 50,000/family of*

*three, 60,000/family of four, and 70,000/family of five qualify receive discounts on select medication. FREE*

### **UnitedHealthcare Children's Foundation**

**www.uhccf.org**

*Provides grants for children's medical expenses (birth to 16 years of age); grants for families of up to \$5,000 to help pay for occupational therapy, medications, eyeglasses, and hearing aids. Apply for the grants online. Eligibility guidelines are for families of three making no more than \$60,000 (adjusted gross income) and families of four making no more than \$80,000, etc... Apply to above address online- response time can be up to two months. FREE*

### **Well Woman Health**

#### **Check Program**

**1-888-257-8502**

**www.wellwomanhealthcheck.org**

*Women ages 18-64 who are uninsured and aren't eligible for other health care programs receive preventive services such as breast exams, mammography, pelvic exam and PAP test, and additional diagnostic services if a follow-up is abnormal.*

**WellCare Clinic at Fresh Start Women's Resource Center**

**Medical**

1130 E. McDowell Road  
Phoenix, AZ 85006  
**(602) 263-7619**  
**[www.wellcarefoundation.org](http://www.wellcarefoundation.org)**  
*Medical care for single-parent working mothers and children who are not covered by health-care insurance and can't afford medical costs; primary as well as specialty care and dentistry; four Valley locations. FREE*

**United States Department of Veterans Affairs Medical Center**  
650 E. Indian School Road  
Phoenix, AZ 85012  
**(602) 277-5551**  
*Inpatient and outpatient medical and psychiatric care for veterans with an honorable discharge; residential program for homeless veterans with serious mental illness; alcoholism treatment; drivers training program for disabled veterans; speakers bureau that focuses on eligibility and benefits for veterans and more common psychological conditions such as PTSD. CALL FOR COST*

**US Vets**

804 E. Jones Avenue  
Phoenix, AZ 85040  
**(602) 305-8585**  
**[www.usvetsinc.org](http://www.usvetsinc.org)**  
*Services for homeless veterans who do not have dishonorable discharges. FREE*

**Mental Health**

**Advocates Against Adolescent Suicide**  
1586 W. Campbell Ave.  
Phoenix, AZ 85015-3824  
**(602) 861-1121**  
**[www.counselinginhome.org](http://www.counselinginhome.org)**  
*Individual and family therapy for those affected by adolescent suicide. FREE*

**Arizona Baptist Children Services**  
1717 W. Northern Ave., Ste. 112  
Phoenix, AZ 85021  
**(623) 229-2163**  
**[www.abcs.org](http://www.abcs.org)**  
*Offers Christian-based counseling services for individuals, families and groups; parent aide program; New Life Pregnancy Center; foster care services. SLIDING SCALE*

**Arizona Children's Association Surprise Compañeros**  
11327 W. Bell Rd.  
Surprise, AZ 85374-9369  
**(623) 583-2523**  
*Provides full psychiatric and counseling services and therapeutic recreation to people with behavioral health needs. CALL FOR COST*

**AZ Interfaith Counseling-Phoenix Sunnyslope**  
8640 N. 19<sup>th</sup> Ave.  
Phoenix, AZ 85021-4203  
**(602) 285-1930**

## Mental Health

### **[www.azic.org](http://www.azic.org)**

*Provides 1:1, couples family, and group counseling services, as well as the court-ordered Parent Information Program (PIP). SLIDING SCALE*

### **Black Family & Child Services**

1522 E. Southern Avenue  
Phoenix, AZ 85040-3532

**(602) 243-1773**

*Offers comprehensive services for families such as 1:1, group, and family counseling, substance abuse counseling, foster care and adoptions programs, and family preservation. FREE FOR MOST SERVICES*

### **Care1st Avondale Resource and Housing Center**

328 W. Western Ave.  
Avondale, AZ 85323

**(623) 333-2703**

**Jewish Family and Children's Counseling-** *counseling available; call center for more information. CALL FOR COST*

**Turn a New Leaf-** *Offers an anger management group for youth ages 12-17. Call center for more information. CALL FOR COST*

### **Catholic Charities**

4747 N. 7<sup>th</sup> Avenue  
Phoenix, AZ 85013

**(602) 285-1999**

7400 W. Olive Avenue Suite 10

Peoria, AZ 85345-8890

**(623) 486-9868**

*Foster care, adoption, and parenting services, Head Start, small no-interest loan program for employed persons, individual, couples, family, substance abuse and crisis intervention counseling; prostitution recovery. CALL FOR COST*

### **Catholic Social Services**

7400 W. Olive Avenue  
Peoria, AZ 85345

**(623) 486-9868**

**[www.catholicsocialserviceaz.org](http://www.catholicsocialserviceaz.org)**  
*Comprehensive counseling and other social services for families, individuals, and specialized populations such as refugees. CALL FOR COST*

### **Center for Prevention of Abuse and Violence (CASA)**

77 E. Thomas Road Suite 112  
Phoenix, AZ 85012-3116

**(602) 254-6400**

**[www.casacares.org](http://www.casacares.org)**

*Crisis, 1:1, group, and family counseling for survivors of physical and sexual abuse/assault; closed therapeutic groups for parents of molested children, incest survivors, and rape survivors; community education. SLIDING SCALE*



## Mental Health

### **CHEERS**

1950 W. Heatherbrae Dr., Suite 5  
Phoenix, AZ 85015-5110

**(602) 246-7607**

**[www.cheeers.org](http://www.cheeers.org)**

*Socialization, recreation, and outreach/advocacy services for persons in Magellan Healthcare of Arizona; support groups offered for people with bi-polar disorder, schizophrenia, and co-occurring disorders. FREE*

### **Chicanos por la Causa**

1112 E. Buckeye Road  
Phoenix, AZ 85034-4043

**(602) 257-0700**

**[www.cplc.org](http://www.cplc.org)**

**Centro de la Familia-** Behavioral health services including 1:1, group, youth, and family counseling.

**Mothers Against Gangs-** Peer support group for youth ages 8-18 with community involvement and leadership opportunities.

### **Community Church of Joy**

21000 N. 75<sup>th</sup> Avenue  
Glendale, AZ 85308

**(623) 561-0500**

**[www.joyonline.org](http://www.joyonline.org)**

*Hospital visitations; spiritual mentoring; counseling; shut-in visits; relationship classes; support groups such as AA and a chronic pain/illness group; funeral care; bereavement support. FREE*

### **Creciendo Unidos**

202 E. McDowell Road Ste 255  
Phoenix, AZ 85004-4555

**(602) 374-4054**

**[www.creciendounidosaz.org](http://www.creciendounidosaz.org)**

*Provides family strengthening programs and services, emphasizing Hispanic families.*

**Growing Together Couple Enrichment Program**

**Growing Together Leadership Program**

**Growing Together Teen Leadership Program**

**Man to Man-**Strengthening men by setting goals to improve family relationships and promoting leadership in the Hispanic Community

**TEP Program-** Encourages families to strengthen values within the family including unity, respect, and honesty.  
**FREE**

### **Devereux Arizona Outpatient Services**

2320 West Peoria Ave., B145  
Phoenix, AZ 85029-4766

**(480) 998-2920**

**[www.devereux.org](http://www.devereux.org)**

*Provides counseling services for a variety of mental and behavioral health issues. SLIDING SCALE*

## Mental Health

### **Gila River Indian Community Behavioral Health**

**Crisis Line: 1-800-259-3449  
(602) 528-7140  
(520) 562-7140**

*Offers members of the Gila River Indian Community a wide variety of counseling services including traditional healing, psychiatric services, crisis intervention, transportation to treatment, residential and group home services, and home-based counseling. CALL FOR COST*

### **Jewish Family and Children's Services**

3306 W. Catalina Drive  
Phoenix, AZ 85017  
**(602) 353-0703**

**[www.jfcsarizona.org](http://www.jfcsarizona.org)**

*Offers behavioral health services for children and adults; individual, family, and group counseling; life skills training; job development; psychiatric evaluation and medication management; case management; parenting groups; domestic violence and substance abuse services CALL FOR COST*

### **La Frontera Arizona EMPACT Suicide Prevention Center**

4425 West Olive, Suite 120  
Glendale, AZ 85302  
**(480) 784-1514**  
**Crisis Line (480) 784-1500**  
**[www.info@empact-spc.com](http://www.info@empact-spc.com)**

*Individual/family/group/crisis counseling; trauma healing services; summer kids camps; 24/7 crisis hotline. SLIDING SCALE FOR COUNSELING SERVICES, BUT CRISIS SERVICES ARE FREE*

### **Magellan Behavioral Health Services Crisis Line**

**602-222-9444**  
**Member Services**  
**1-800-564-5465**

*Magellan is Maricopa County's behavioral health care provider for people receiving AHCCCS or are without insurance with serious mental illness. Crisis services, psychiatric evaluations, case management, counseling, support groups, recreational clubhouses, and transition assistance toward community integration are included. When calling Magellan, say, "I need a psychiatric evaluation." Clients who do not qualify for AHCCCS receive only medication services and crisis counseling. FREE*

**Maricopa County Medical Center**  
**2601 E. Roosevelt**  
**Phoenix, AZ 85008**  
**(602) 344-5011**

*People who enter the emergency room in a suicidal/emotional crisis state receive a psychiatric*

## Mental Health

*evaluation, medication from a generic formulary, and 6-8 follow-up “teleconference” meetings with a licensed psychologist/psychiatrist. The program begins Summer, 2010 and continues for five years. FREE*

### **Mental Health Arizona (480) 994-4407**

**[www.mhaarizona.org](http://www.mhaarizona.org)**

*Provides mental health education and excellent linkage to mental health resources; advocacy to people with serious mental illness; support groups for people who suffer from anxiety disorders, PTSD, depression, schizophrenia, and other disorders and their families; online depression screenings; presentations to teens ages 12 and older as well as others working with youth on the signs and symptoms of depression. FREE*

### **Mentally ILL Kids In Distress (MIKID)**

755 E. Willetta #128

Phoenix, AZ 85006

**(602) 253-1240**

**[www.mikid.org](http://www.mikid.org)**

*Parent support, education, and information and referral for parents of children with depression, anxiety disorders, and other emotional disorders. Childcare available. FREE*

### **MIHS-Behavioral Health Psychiatric Centers Desert Vista Hospital**

570 W. Brown Road

Mesa, AZ 85201

**(480) 344-2000**

*Voluntary and involuntary psychiatric inpatient treatment for individuals with a serious mental illness. Outpatient psychiatric services are available. SLIDING SCALE*

### **New Direction L.L.C.**

**(623) 205-3463**

*Sliding scale counseling for anger management, substance abuse, domestic violence, and family issues. \$20 PER GROUP SESSION*

### **National Alliance on Mental Illness- West Valley (NAMI)**

PO Box 5216

Sun City West, AZ 85375

**(623) 546-4011**

*(Leave message and call will be returned within 24 hours)*

**[www.namiaz.org](http://www.namiaz.org)**

*Provides support for persons with serious mental illness and family/friends, mental health education meetings, and advocacy. Family Support Groups are located in Sun City West, Glendale, and Phoenix; “Family-to Family” 12-week course for family/friends/loved ones of individuals with serious mental illness; “Peer-to-Peer” six week educational pro-*

## Mental Health

*gram run by mental health consumers for people fighting mental health issues; "Basics" six-week class for parents/caregivers of adolescents living with mental illness. FREE*

### **North Phoenix Visions of Hope**

601 W. Hatcher Road Suite 202  
Phoenix, AZ 85021

**(602) 404-1555**

**[www.phxhope.org](http://www.phxhope.org)**

*Recovery-based services (any type of recovery) with a heavy emphasis on advocacy to and from the clients. Linkage and advocacy in housing, food, clothing, utilities, legal services, and mental health services. Also offered is counseling, diabetes education and care, GED classes and tutoring, and many classes that promote wellness. CALL FOR COST*

### **Phoenix Indian Center**

4520 N. Central Ave Suite 250  
Phoenix, AZ 85012

**(602) 263-1017**

**[www.phxindcenter.org](http://www.phxindcenter.org)**

*Provides the following programs to Native Americans living in Maricopa County and Winslow.*

**Phoenix Indian Center-** *Case management; counseling; life skills workshops*

**Adult Education-** *GED preparation; computer literacy; remedial tutoring*

**Community Voice Mail-** *Provides a local phone number for people without phones to give to prospective employers*

**Native Workforce Services-** *Offers employment assistance, urban orientation, and linkage to resources.*

**Navajo Language and History-** *Instruction in the Navajo language and history in the afternoons, evenings, and weekends. CALL FOR COST*

### **Phoenix Interfaith Counseling (Locations Valleywide)**

**(602) 532-0777**

**[www.phx-interfaith.org](http://www.phx-interfaith.org)**

*Offers counseling for youth and adults for a variety of behavioral health challenges, and has court-ordered programs for divorcing families. Therapists use Dialectical Behavioral Therapy and Cognitive-based approaches. SLIDING SCALE*

### **Recovery Empowerment Network**

3640 W. Osborn Road  
Phoenix, AZ 85019

10240 N. 31<sup>st</sup> Avenue, Suite 210  
Phoenix, AZ 85051

**(602) 248-0368**

*A wide range of programs for persons with serious mental illness including empowerment centers (for a recreational meeting*

## Mental Health

*place), peer support, groups and classes to promote good mental health. FREE*

### **Recovery Innovations of Arizona, Inc**

2701 N. 16<sup>th</sup> Street, Suite 316  
Phoenix, AZ 85006

**[www.recoveryinnovations.org](http://www.recoveryinnovations.org)**

*Provides housing, treatment, and support services to homeless and other adults who are chemically dependent; education program that enables to earn an AA in behavioral health recovery. FREE*

### **Southwest Behavioral Health**

10220 N. 31<sup>st</sup> Avenue Suite 101  
Phoenix, AZ 85051

**(602) 257-9339**

**Crisis line: 1-800-564-5465**

**[www.SBHServices.org](http://www.SBHServices.org)**

*Crisis recovery services for individuals in acute emotional/behavioral crisis, using intensive short-term support; 1:1, group, and family counseling for children and adults, including chemical dependency counseling. SLIDING SCALE*

### **Stand Together and Recover Centers (STAR)**

605 N. Central Avenue  
Avondale, AZ 85323

**(623) 882-8463**

2144 E. Roosevelt Street  
Phoenix, AZ 85006

**(602) 685-1295**

*Offers recreational activities, self-improvement classes, a free hot lunch at the Recovery Center (open Monday-Friday), clothing and food share programs, and a "Fun Bunch" that has field trips around the Valley as well as out of state. The program is peer-run. People who have been served in the state mental health system currently or in the past are eligible. FREE TO TITLE IX CLIENTS*

### **Surprise Compañeros**

#### **Arizona Children's Association**

11327 W. Bell Road

Surprise, AZ 85374-9369

**(623) 583-2523**

*Provides counseling, respite, peer support groups, psychiatric consultation, and other services. CALL FOR COST*

### **Terros**

#### **(Locations Valleywide)**

**(602) 685-6000**

*Offers a variety of chemical dependency programs for adults and families, including adults with co-occurring mental health disorders; 1:1, group, and family counseling; crisis mobile teams; HIV testing, prevention/education programs. SLIDING SCALE*



## Mental Health

### **Touchstone Behavioral Health**

15648 N. 35<sup>th</sup> Avenue

Phoenix, AZ 85043

**(623) 930-8705**

**[www.touchstonebh.org](http://www.touchstonebh.org)**

*Behavioral health counseling; Journeys Child Development Program for children in grades K-6; behavioral health aides in the home; charter schools chemical dependency prevention; life skills; parenting; in-home respite. SLID-ING SCALE*

### **Triple R Behavior Health**

40 E. Mitchell Drive

Phoenix, AZ 85012

**(602) 995-7474**

**[www.trbh.org](http://www.trbh.org)**

*Clubhouse, education, employment, residential, and socialization programs as well as a volunteer corps for people with serious mental illness. FREE*

### **Tumbleweed Center for Youth Development**

1419 N. 3<sup>rd</sup> Street Suite 102

Phoenix, AZ 85004

**(602) 271-9904**

**Crisis Line: (602) 841-5799**

**[www.tumbleweed.org](http://www.tumbleweed.org)**

*Services for at-risk, runaway, and homeless youth ages 9-22 such as crisis intervention, long-term housing, counseling, and skill development; drop-in center Greenhouse Project that provides tran-*

*sitional and independent living skills to GLTBX youth age 18-24; learning center. FREE*

### **Urgent Care Treatment-Recovery Innovations**

11361 N. 99<sup>th</sup> Avenue #402

Phoenix, AZ 85006

**(602) 650-1212**

*Walk-in outpatient crisis treatment with psychiatrist and possible ten day medication; assistance for applying to AHCCCS and Magellan. Wait is often several hours. FREE*

### **Urgent Psychiatric Center**

903 N. 2<sup>nd</sup> Street

Phoenix, AZ 85004

**(602) 416-7600**

*Walk-in outpatient crisis treatment with psychiatrist and possible ten day medication; assistance for applying to AHCCCS and Magellan. Wait is often several hours. FREE*

### **Valle del Sol**

4117 N. 17<sup>th</sup> Street

Phoenix, AZ 85016

**(602) 248-8101**

**[www.valledelsol.org](http://www.valledelsol.org)**

*Offers culturally-sensitive and comprehensive behavioral health services to individuals, families, and the elderly, including psychiatric services; community resource centers in the community*

## Mental Health

*and schools to provide convenient access to services. SLIDING SCALE*

### **Veteran's Suicide Hotline** **1-800-273-TALK, press 1 for veterans**

*Master's level and licensed clinicians staff the 24/7 hour hotline. FREE*

### **West Valley Behavioral Health Services- A New Leaf**

8802 N. 61<sup>st</sup> Ave.  
Glendale, AZ 85302-4521  
**(623) 934-1991**

**[www.turnanewleaf.org](http://www.turnanewleaf.org)**

*Individual, family, and group counseling services. SLIDING SCALE*

### **Valley of the Sun YMCA**

(Locations Valleywide)  
**(602) 404-9622**

**[www.valleymca.org](http://www.valleymca.org)**

*Provides comprehensive active living programs and facilities for all ages, membership open to everyone regardless of their ability to pay; youth behavioral modification programs; Teen Court; camping; child care; prevention programs for teens against drugs, gangs, and violence; health and physical education classes; social development groups. CALL FOR COST*

### **Veterans of Foreign Wars State Headquarters**

6907 E. Thomas Road  
Scottsdale, AZ 85251  
(VFW locations Valleywide)  
**(480) 941-5263**

**[www.vfwaz.org](http://www.vfwaz.org)**

*Offers advocacy for benefits to honorably-discharged veterans. MEMBERSHIP DUES*

### **Youth Evaluation and Treatment Centers**

4414 N. 19<sup>th</sup> Avenue  
Phoenix, AZ 85015  
**(602) 285-5550**

**[www.youthetc.org](http://www.youthetc.org)**

*School-based violence prevention and early intervention programs for grades K-8; outpatient behavioral health and substance abuse services for youth and their families; in-home support for families in crisis with an emphasis on early intervention to reduce out-of-home placements. CALL FOR COST*

## Parenting

### Active Parenting

(Locations Valleywide)

**602-346-2383**

Sam Potter, Arizona Baptist Children's Services, Phoenix

**623-412-5400**

Beverly Abbott, Peoria School District, Peoria,

**[www.activeparenting.org](http://www.activeparenting.org)**

*School districts offer three week parenting classes (one evening a week for two hours per class). Cost is \$25 (cost of the book) and parents whose children receive free/reduced lunches at school take the classes. FREE*

### Arizona Center for Responsible Fatherhood

700 W. Campbell Suite 3

Phoenix, AZ 85013

**(602) 234-3941**

*Fatherhood Economic Seminars and Responsible Fatherhood seminars (9 and 18 hours, respectively); participants earn cash and a clothing voucher from Goodwill; other educational opportunities available as well as teen parenting services. FREE + INCENTIVES*

### Arizona's Children's Association

**(800) 944-7611**

**[www.arizonaschildren.org](http://www.arizonaschildren.org)**

*Offers foster care, adoption, behavioral health, and preventive programs for individuals with*

*AHCCCS. Outpatient care programs are for youth ages 17 and under. CALL FOR COST*

### Arizona Friends of Foster Children Foundation

7200 W. Bell Rd. Ste H102

Glendale, AZ 85308-8537

**(602) 252-9445**

**[www.affcf.org](http://www.affcf.org)**

*Provides money for the purchase of items/services to improve the self-esteem of foster children in Arizona. Examples include sports equipment, musical instruments/lessons, bikes, recreation activities, school activities, scholarships for college or vocational programs. FREE*

### The Arizona Partnership for Immunization (TAPI)

**(602) 288-7567**

**[www.whylimmunize.org](http://www.whylimmunize.org)**

*Call to learn more about required baby shots and immunizations, to understand the value of immunizations for children and to "Ask the Expert" about any questions you have from a panel of Valley community health experts. FREE*

### Avondale Young Families Program

1007 S. 3<sup>rd</sup> Street

Avondale, AZ 85323

**(623) 333-2725** *(ask for Candace)*

**[www.avondale.org](http://www.avondale.org)**

## Parenting

*Offers comprehensive pregnancy and parenting services to parents between 14-21 such as breast-feeding classes, infant CPR, parenting and bonding classes for fathers and mothers, money management, and building healthy family relationships. FREE*

### **AzPac Parents as Teachers**

2220 S. Country Club Dr., #108  
Mesa, AZ 85210

**(480) 388-3292**

**[www.azpartnershipforchildren.org](http://www.azpartnershipforchildren.org)**

*Home visits; resource and referral; parent group meetings with free child care provided; health screenings. The program lasts twenty months and works with children birth to 5. FREE*

### **Care1st Avondale Resource and Housing Center**

328 W. Western Ave.  
Avondale, AZ 85323

**(623) 333-2703**

### **Teen Outreach Pregnancy**

**Center-** *Offers services to pregnant and parenting teens. FREE*

### **Child and Family Resources**

700 W. Campbell Suite 3  
Phoenix, AZ

**(602) 234-3941**

**[www.childfamilyresources.org](http://www.childfamilyresources.org)**

*Child Care Resource and Referral; Center for Adolescent Parents, where mothers can earn their*

*GED while receiving free child care; fathering programs; home-based support services. FREE*

### **Children's Advocacy Center-Healing Arts for Children's Hearts**

1855 E. Northern Ave., Suite 202  
Phoenix, AZ 85020

**(602) 861-6735**

**[www.azcac.org](http://www.azcac.org)**

*Intervention, treatment, and ongoing support for children who have been abused, neglected, or traumatized using verbal and non-verbal therapies such as gardening, yoga, music, animal-assisted, and art. Program designed on current research on trauma. Outreach to non-offending family members offered as well. School outreach program in the Phoenix area is FREE, and services at the agency are SLIDING SCALE*

### **Choices for Families**

**(602) 234-3941 ext. 37**

*In-home parenting and case management services for pregnant and parenting families with children ages birth to 5. Developmental screenings with an emphasis on brain development is offered. Eligible families must live in a designated zip code area within North Phoenix and Southwestern Maricopa County. FREE*

## Parenting

### **Crisis Nursery, Inc.**

2334 E. Polk Street  
Phoenix, AZ 85006-3916

**(602) 273-7363**

**[www.crisisnurseryphx.com](http://www.crisisnurseryphx.com)**

*Child shelter for children in danger of abuse, neglect, and homelessness by parents or other caregivers; parenting classes; foster family recruitment; nursery respite. FREE*

### **DUET**

555 W. Glendale Ave.  
Phoenix, AZ 85021

**(602) 274-5022**

**[www.duetaz.org](http://www.duetaz.org)**

*Offers a "Grandparents Raising Grandkids" support group and "Generations" (Relatives as Parents Program). FREE Adolescent*

### **Family Involvement Center**

1430 E. Indian School Rd  
Suites 110 & 230

Phoenix, AZ 85014-4977

**Parent Assistance Line:**

**(602) 288-0155**

**[www.familyinvolvementcenter.org](http://www.familyinvolvementcenter.org)**

*Support groups for Hispanic parents and other parents of children with behavioral health difficulties, including substance abuse; Parent Assistance Line for parents to assist other parents in locating resources and information about special education processes in the public schools. CALL FOR COST*

### **Fresh Start Women's Resource Center**

1130 E. McDowell Road  
Phoenix, AZ 85006

**(602) 252-8494**

**[www.wehelpwomen.com](http://www.wehelpwomen.com)**

*Offers adult women a self-help center for personal and professional growth. Parenting workshops and mentoring programs are available. CALL FOR COST*

### **Glendale Family Development Center**

7800 N. 59<sup>th</sup> Avenue  
Glendale, AZ 85301-7817

**(623)934-7001**

*Works with families to break through the poverty cycle via parenting skills, early childhood education, K-8 educations, and infant development; food bags/clothing with agency referral. CALL FOR COST*

### **Healthy Families Arizona**

Southeast & Southwest Maricopa County

**(602) 266-5976 ext. 5200**

Central & North Phoenix

**(602) 266-5976 ext. 6120**

*Community-based, family-centered voluntary home visitation program that services at-risk prenatal families and families with children ages birth to 5 years of age. Parenting, child-birth, breastfeeding programs are a part of the service. FREE*



## Parenting

### **Hope and a Future, Inc**

PO Box 61172

Phoenix, AZ 85082

**(602) 258-5860**

**[www.azhope.com](http://www.azhope.com)**

*Offers summer camps, scholarships, sports opportunities and recreation for foster children.*

*CALL FOR COST*

### **Kids and Infants Seated Safety (KISS)**

*(Classes offered in Central Phoenix and West Valley)*

**(602) 372-4458**

*Car seat education and training class is offered to Central and West Valley residents. Class is one hour long and participants are eligible to receive free car seats upon completion of the class. A 32-hour Child Passenger Safety Technician class is offered for those who would like the skills and knowledge to handle a wide range of car seat challenges. FREE*

### **Lifebridge Community Alliance**

7510 N. 27<sup>th</sup> Avenue

Phoenix, AZ 85051

**(602) 995-2933**

**[www.lifebridgeaz.org](http://www.lifebridgeaz.org)**

*Parenting classes and financial management classes. CALL FOR COST*

### **Maricopa County Parent**

#### **Support Center**

**(602) 506-7090**

*Provides services to parents/caregivers of children who are experiencing stress in parenting. FREE*

### **Maricopa Integrated Health System- Family Planning**

#### **Program for Women**

**(Call for nearest location)**

**(602) 344-1015**

*Family planning services for women ages 14-44 including birth control. Undocumented immigrants are not eligible for this service. FREE*

### **Nuestra Familia**

#### **Arizona Children's Association**

9401 W. Garfield

Tolleson, AZ 85353

**(623) 936-3980**

**[www.arizonachildren.org](http://www.arizonachildren.org)**

*Family support and preservation classes; behavioral coaching. FREE*

### **Newborn Intensive**

#### **Care Program**

**(602) 506-6782**

*Offers support to families of a critically ill infant in the family's transition from the intensive care unit to the home environment. FREE*

## Parenting

### North Central Parenting Group

555 W. Glendale Avenue

Phoenix, AZ 85201

[www.ncpgaz.com](http://www.ncpgaz.com)

Parenting classes from September -May. *CALL FOR COST*

### Not My Kid, Inc

2211 N. Highland Ave., Suite 140

Phoenix, AZ 85016

**(602) 652-0163**

[www.notmykid.org](http://www.notmykid.org)

Programs for youth and teens related to drug prevention/intervention and mental health education. \$250 (negotiable) per presentation to community groups; free for teen participation in a "Teen Advisory Board" and "Clear Choices," a program for teens facilitated by teens who have survived chemical dependency, depression, and other behavioral health challenges. *FREE*

### Nurse-Family Partnership

4041 N. Central Avenue

Phoenix, AZ 85012

**(602) 224-1740**

First-time low-income mothers who are less than 28 weeks pregnant and living within certain South Phoenix, Maryvale, and Laveen zip codes may receive visits from a specially-trained nurse to support family health and offer education and social service resources. Nurse visits continue un-

*til the child is two years old.*

*FREE*

### Parenting Arizona

**(602) 695-4428**

Home visitation program for families with children age 5 years and younger and with an emphasis on school readiness. Services are designated for families who live in select zip codes in Northwest Maricopa County and North Phoenix. The program also focuses on child health and development, parenting skills, and linkage to community resources. The family may receive the services until the child reaches age five. *FREE*

### Parents As Teachers

**(480) 388-3292**

[www.azpartnershipforchildren.org](http://www.azpartnershipforchildren.org)

Provides home visit service to pregnant women and families with children between the ages of birth to 5. The visits focus on family goal-setting, resource information, group meetings, health screening for parents, and developmental screenings for children. *FREE*

### Promoting Adolescent Seatbelt Safety

4041 N. Central Ave.

Phoenix, AZ 85012

**(602) 506-0405**

## Parenting

*Schools with pre-teen and teenage students are eligible for a three day presentation designed to increase understanding of seatbelt safety and increase the use of seatbelts among pre-teens and teenagers. FREE*

### **Rehoboth Community Center**

2315 N. 35<sup>th</sup> Avenue  
Phoenix, AZ 85009

**(602) 272-4133**

*Life skills courses offered. CALL FOR COST*

### **Roosevelt Early Childhood Family Resource Center**

6218 S. 7<sup>th</sup> Street  
Phoenix, AZ 85042

**(602) 827-8200 ext. 888**

*Parenting library; weekly Infant and Toddler Play/Learning group, weekly preschool group; parenting classes; Baby care workshops; support groups for new parents teen parents, grandparents raising grandchildren, and fathers. FREE*

### **Safe Kids Coalition of Maricopa County**

4041 N. Central Ave., Suite 700  
Phoenix, AZ 85012

**(602) 506-6860**

*A large number of health care and safety providers offer educational resources through coalition members across Maricopa County. FREE*

### **Stepping Stones of Hope (Camp Paz)**

**(602) 264-7520**

**[www.steppingstonesofhope.org](http://www.steppingstonesofhope.org)**  
*Camp for any person who has lost a loved one; grief workshops at schools. CALL FOR COST*

### **Strengthening Families**

Phoenix, AZ

*English-speaking classes in South and West Phoenix:*

**(602) 796-5801**

*Spanish-speaking classes in South and West Phoenix:*

**Luz @ (623) 206-2412**

*Parenting classes with a focus on understanding family members, conflict resolution, and parenting tips. Classes offered to parents and other caregivers of children and children. Childcare available. CALL FOR COST*

### **Transportation Related Injury Prevention Program (TRIPP)**

4041 N. Central Avenue  
Phoenix, AZ 85012

**(602) 506-0405**

*Child injury prevention education is offered to all Maricopa County residents, including car seat education classes. Car seats are provided to underprivileged families in the County. FREE*

### **Teen Outreach Pregnancy Services Center (TOPS)**

10875 N. 85<sup>th</sup> Avenue, Suite #8

## Parenting

Peoria, AZ 85345

**(623) 334-1501**

**[www.teenoutreachaz.org](http://www.teenoutreachaz.org)**

*Provides pregnant and parenting adolescents case management, pregnancy and childbirth education, sexual health classes, and other supportive services. Services are for clients who reside in Avondale, Gila Bend, Glendale, Peoria, Phoenix, and Surprise. FREE*

### **Unlimited Potential**

**(602) 276-6373**

*Offers educational programs for Hispanic immigrant women living in the South Mountain community, children in preschool, and families including: an early childhood program for children 6 months-5 years old development strong communication and socialization skills; GED program in Spanish and other adult education programs; evening and weekend family activities. The program has a 80% retention rate and at the current time the waiting list is three years. FREE*

### **Valle del Sol**

4117 N. 17<sup>th</sup> Street

Phoenix, AZ 85016

**(602) 248-8101**

**[www.valledelsol.org](http://www.valledelsol.org)**

*Offers culturally sensitive and comprehensive behavioral health services to individuals, families,*

*and the elderly, including psychiatric services; community resource centers in the community and schools to provide convenient access to services. SLIDING SCALE*

### **West Valley Behavioral Health Services- A New Leaf**

8802 N. 61<sup>st</sup> Ave.

Glendale, AZ 85302-4521

**(623) 934-1991**

**[www.turnanewleaf.org](http://www.turnanewleaf.org)**

*Parenting classes for parents of children through adolescence and child care is available during the classes; in-home education for parents (nutrition, parenting skills, budgeting, community referrals, and child welfare). SLIDING SCALE*

### **West Valley Child Crisis Center**

P.O. Box 850

Glendale, AZ 85311-0850

**(623) 848-8863**

**[www.wvccc.org](http://www.wvccc.org)**

*Offers temporary shelter for children who are victims of child abuse or at-risk for abuse; counseling. FREE*

**Reproductive/Maternal/Birth-Five Years Health****Arizona Family  
Planning Council**

2920 N. 24th Avenue, Ste 230  
Phoenix, AZ 85015-5960

**(602) 258-5777**

[www.azfpc.org](http://www.azfpc.org)

*Provides reproductive/family  
planning/contraceptive services.  
SLIDING SCALE*

**Baby Arizona**

**1-800-833-4642**

[www.babyarizona.gov](http://www.babyarizona.gov)

*Pregnant women receive health  
care before the AHCCCS applica-  
tion process is complete. Women  
must be pregnant, residents of  
Arizona, have no insurance, have  
little or no income, and are citi-  
zens of the US or have legal resi-  
dent status. FREE for low-  
income families.*

**Childhood Immunization  
Hotline- Maricopa County**  
**(602) 263-8856**

*Referral service to Maricopa  
County residents that provides  
locations of clinics that offer free  
immunizations to children, birth  
to 18. FREE*

**Crisis Pregnancy Centers of  
Greater Phoenix**

**Glendale- (602) 508-3340**

**Wickenburg- (928) 668-1450**

*Free pregnancy testing; STD test-  
ing is \$26 counseling for preg-  
nancy, parenting, adoption, and*

*abortion; free ultrasounds refer-  
rals; parenting classes. FREE/  
\$26 for STD testing*

**Healthcare Connect**

**(602) 288-7564**

[www.healthcareconnect.org](http://www.healthcareconnect.org)

*Medical discount program that  
connects uninsured individuals  
who meet economic guidelines to  
medical care providers at afford-  
able prices. Enrollment is \$50 for  
an individual and \$100 for a fam-  
ily; fees paid at the doctor's office  
are kept very low; persons with  
pre-existing conditions are eligi-  
ble. SLIDING SCALE*

**Healthy Mothers, Healthy Babies  
Maricopa County  
Public Health**

3454 N. 51st Avenue, Suite 129  
Phoenix, AZ 85031

**(623) 247-4762**

[Itsababyslife.com](http://Itsababyslife.com)

*Provides prenatal education to  
pregnant women in the Maryvale  
area and linkage to health care  
resources in the Valley. FREE*

**Life Choices Women's Clinic**

3516 W. McDowell Road

Phoenix, AZ 85009

**(602) 305-5100**

*Free pregnancy tests; low-cost ex-  
ams and other testing such as  
STD, HIV, and herpes; treatment  
for men as well with STD; well-  
woman annual exams; parenting*



## Reproductive/Maternal/Birth-Five Years Health

*classes with participants earning points towards diapers, baby, or maternity clothing. LOW COST*

### **Medical Services Project**

2600 N. Central Ave., Suite 635  
Phoenix, AZ 85004

**(602) 989-9353**

*Provides primary and specialty medical services to uninsured children from low-income families in Arizona who are not served by AHCCCS or KidsCare, however may participate if acceptance to either program is pending. Doctors donate services. School nurses or public health nurses make the referrals.*

*\$5-10 PER DOCTOR APPOINTMENT*

### **Native Health**

Central & West Phoenix

**(602) 279-5262**

[www.nativehealthphoenix.org](http://www.nativehealthphoenix.org)  
*Provides a wide range of medical, dental, and behavioral health programs; diabetes education program; programs that target first-time pregnant women; substance abuse services; Native traditional services such as Talking Circles and traditional problem-solving; WIC; services for survivors of domestic violence and all forms of abuse. Services available to Native Americans with proof of tribal status. Sliding Scale*

### **Newborn Intensive**

#### **Care Program—Maricopa County Public Health**

4041 N. Central Avenue

Phoenix, AZ 85012

**(602) 506-6782**

*Babies born in Maricopa County who require 120 hours or more in Intensive Care units are eligible for visits from a Community Health Nurse that monitors the baby's health and development for up to three years of age. FREE*

### **Parent Support Center**

#### **Maricopa County**

#### **Public Health**

**(602) 506-7090**

*Provides services to parents/caregivers of children who are experiencing stress in parenting. FREE*

### **Planned Parenthood Arizona**

(Locations Valleywide)

**(800) 230-7526**

*Provides comprehensive reproductive health services for women and men including annual pelvic/breast exam with pap test, testing for STDs, HIV, sickle cell, infertility, and contraceptive methods; abortion pill and surgical abortion through 23 weeks; counseling surrounding reproductive issues; services for premenopausal women; training materials for K-12 on sexual health; speakers;*

## Reproductive/Maternal/Birth-Five Years Health

*classes for youth and parents.  
SLIDING SCALE*

**Poison Control Center**  
**Banner Hospitals**  
**1-800-222-1222**  
*FREE*

Postpartum Support Warmline  
(888) 434-6667  
*Support and resources offered by  
trained volunteers to women who  
are experiencing symptoms of  
postpartum depression, panic  
disorder, or obsessive compulsive  
disorder within a year after  
childbirth. Leave message and  
someone will return call within  
an hour. FREE*

**Pre-Existing Condition  
Insurance Plan PCIP**  
(Federal Health Care Reform  
Program)  
**1-866-717-5826**  
www.pcip.gov  
*Persons with pre-existing medi-  
cal conditions who are uninsured  
can enroll for coverage. CALL  
FOR COST*

**Pregnancy Connection**  
**Maricopa County**  
**Public Health**  
**(602) 506-6339**  
*Provides prenatal and parenting  
education to uninsured and un-  
derinsured women with high-risk  
pregnancies; linkage to commu-  
nity resources. FREE*

**Prescription Discount Card**  
**Maricopa County**  
**Public Health**  
**1-877-321-2652**  
www.caremark.com/naco  
*All Arizona residents may use this  
card when prescriptions are not  
covered by insurance. There are  
no other restrictions, including no  
limit on the number of times that  
the card is used. Visit the above  
website to determine participat-  
ing pharmacies- 90% of pharma-  
cies participate. FREE*

**St. Joseph's Maternity**  
**Outreach Mobile (MOMobile)**  
Locations of the MOMobile:  
**St. John Vianney Church**  
539 La Posada  
Goodyear, AZ  
**(602) 406-4006**  
Wednesdays 9AM-2PM  
**Golden Gate Community**  
1625 N. 39th Avenue  
Phoenix, AZ  
**(602) 406-4006**  
Thursdays, 9AM-2PM  
*Prenatal visits, lab draws, non  
stress tests; patients must have  
baby at St. Joseph's Hospital.  
Most services are free but ultra-  
sounds are \$80 and they charge  
for some other more advanced  
tests. Call for an appointment.  
MOST SERVICES ARE FREE TO  
MOTHERS WHO HAVE BABY AT  
ST. JOSEPH'S HOSPITAL*

## Reproductive/Maternal/Birth-Five Years Health

### **South Phoenix Healthy Start Maricopa County Public Health**

2737 W. Southern Ave., Suite 8  
Tempe, AZ 85282

**(602) 304-1166**

*Offers prenatal case management services, home visits, health education, and community resource referrals to women and their families. Families in the South Phoenix area, and outreach is done in Maryvale and West Phoenix. FREE*

### **South Phoenix Nurse Family Partnership (602) 224-1740**

*First time mothers living in South Phoenix, Maryvale, and Laveen who are less than 28 weeks pregnant and lower-income may qualify for a nurse consultant who visits the mother 1-2 times monthly and offers linkage to resources pregnancy and parenting education, and helping to make the home safe to children. Call for income guidelines. FREE*

### **TogetherRx Card 1-888-227-8315**

**[www.azcoppercard.gov](http://www.azcoppercard.gov)**

*Legal residents with no drug coverage, no Medicare coverage, and incomes equal or less than \$30,000/one person, 40,000/family of two, 50,000/family of*

*three, 60,000/family of four, and 70,000/family of five qualify receive discounts on select medication. FREE*

### **Well Woman Health Check 1-888-257-8502**

**[www.wellwomanhealthcheck.org](http://www.wellwomanhealthcheck.org)**

*Women ages 18-64 who are uninsured and aren't eligible for other health care programs receive preventive services such as breast exams, mammography, pelvic exam and PAP test, and additional diagnostic services if a follow-up is abnormal. FREE*

### **WellCare Clinic at Fresh Start Women's Resource Center**

1130 E. McDowell Road  
Phoenix, AZ 85006

**(602) 263-7619**

**[www.wellcarefoundation.org](http://www.wellcarefoundation.org)**

*Medical care for single-parent working mothers and children who are not covered by health-care insurance and can't afford medical costs; primary as well as specialty care and dentistry; four Valley locations. FREE*

### **West Valley Immunization Clinic Maricopa County Public Health**

6666 W. Peoria Avenue, Ste 113  
Glendale, AZ 85302-7027

**(602) 506-6767**

*Free immunizations for children*

**Reproductive/Maternal/Birth-Five Years Health**

*that include flu shots. FREE*

**Women's Care Clinic  
Maricopa Integrated  
Health Systems  
(602) 344-1015**

*The clinic, as well as the Family Health Centers, offer a family planning/birth control program for women between the ages of 14-44. FREE*

**Women Together for Health  
Maricopa County  
Public Health  
(602) 506-5783**

*Offers women of child-bearing age an educational program to promote healthy eating/lifestyles and avoid behavior that leads to chronic diseases. FREE*

**Women, Infants, and Children  
(WIC)  
Maricopa County  
Public Health  
(Locations Valleywide)  
(602) 506-9333**

*Women with low incomes who are pregnant and/or have children ages 0-5 receive healthy supplemental foods (milk, juice, peanut butter, cereal, etc...), breastfeeding and nutrition education, and health tracking of their children's physical growth. Breastfeeding support groups are located at the Thunderbird location, and at two other locations in Central Phoenix. Men with children 0-5 also qualify. FREE*

**Breastfeeding Warm Line-  
(602) 506-9336**

*Provides comprehensive support services for WIC moms who are breastfeeding, including 24-hour support line FREE*

## Support Groups

**Adult Children of Alcoholics**  
(Multiple Locations)  
**(602) 241-6760**  
[www.adultchildren.org](http://www.adultchildren.org)

**Al Anon/Alateen- Phoenix**  
(Multiple Locations)  
**(602) 249-1257**  
[www.srvais.org](http://www.srvais.org)

**American Cancer Society  
Patient and Family  
Support Services**  
4450 E. Bell Rd. Ste. 126  
Phoenix, AZ 85032  
**(602) 224-0524**  
**24-hour hotline:**  
**1-800-227-3245**  
[www.cancer.org](http://www.cancer.org)

**American Chronic Pain  
Association Support Group**  
**Glendale Healthsouth  
Valley of the Sun Hospital**  
13460 N. 67<sup>th</sup> Ave.  
Glendale, AZ 85304  
**(623) 334-5434**  
[www.theacpa.org](http://www.theacpa.org)

**American Chronic Pain  
Association Support Group**  
**Surprise Catholic  
Outreach Center**  
12301 W. Bell Rd. Ste. A-102  
Surprise, AZ 85374- 9707  
**(602) 532-2981**  
[www.theacpa.org](http://www.theacpa.org)  
*Call for schedule of group meetings. FREE*

**Arizona Association for  
Parents of Children with  
Visual Impairments**  
8715 N. 58<sup>th</sup> Dr.  
Glendale, AZ 85302-4637  
**(623) 931-2313**  
*Offers help with planning for Individual Education Plans and gives phone consultations. CALL FOR COST*

**Arizona Smokers' Helpline**  
**1-800-556-6222**  
[www.ashline.org](http://www.ashline.org)  
*Offers personalized plans to quit smoking. FREE*

**Benevilla Alzheimer's/  
Dementia-Related Disease  
Support Group**  
Faith Presbyterian Church  
16000 N. Del Webb Blvd.  
Sun City, AZ 85351  
**(623) 584-4999**  
[www.benevilla.org](http://www.benevilla.org)  
Every Tuesday 10-11:30AM  
Chez Nous Center and Café  
14495 R.H. Johnson Boulevard  
Sun City, AZ 85351  
**(623) 584-4999**  
First Friday of the month

**Benevilla Caregiver Group of  
Developmentally Disabled  
Adults—Lakeview United  
Methodist Church**  
Choir Room  
10298 W. Thunderbird  
Sun City, AZ 85351



## Support Groups

**(623) 584-4999**

**[www.benevilla.org](http://www.benevilla.org)**

*Quarterly meetings on the third Friday of February, April, September, and November) and support group offered to anyone caring for a developmentally disabled adult. Call for next meeting. FREE*

### **Benevilla General Caregiving and Grief Support Groups**

**(623) 584-4999**

**[www.benevilla.org](http://www.benevilla.org)**

*Call for meeting times/locations. FREE*

### **Birth to Five Helpline**

**1-877-705-KIDS**

*Professional child development specialists offer information on health, sleep, discipline, safety, language development, nutrition, child development, and colic in children birth to age 5. FREE*

### **Bisexual Network of Arizona**

**(602) 280-9074**

**[www.binetaz.org](http://www.binetaz.org)**

*Meetings, recreation, and support group for bisexuals and spouses/partners of bisexuals.*

### **Bosom Buddies**

**(602) 231-6648**

**[www.bosombuddies-az.org](http://www.bosombuddies-az.org)**

*24-hour hotline for women in need of information about breast cancer; distributes donated wigs,*

*mastectomy bras, and prostheses; support groups held across the Valley. FREE*

### **Brain Injury Association of AZ**

777 E. Missouri Avenue Ste 101  
Phoenix, AZ 85014-2831

**(602) 323-9165**

**[www.biaaz.org](http://www.biaaz.org)**

*Offers education and resources regarding traumatic brain injury (TBI); brain injury camps for adults age 18 and older with TBI; mentor support for people affected by a brain injury. FREE*

### **Breastfeeding Support Group**

#### **Banner Estrella Hospital**

Conference Center  
9201 W. Thomas Road  
Phoenix, AZ 85037

**(623) 327-8001**

**[www.bannerhealth.com](http://www.bannerhealth.com)**

*Group meets Mondays from 1-2PM. FREE*

### **Breastfeeding Support Group**

#### **Bethany Women's Health Center**

Ultrasound Building  
Breastfeeding Support Center  
3660 W. Bethany Home Road  
Phoenix, AZ 85019

**(602) 348-2483**

**[www.bethanywomen.com](http://www.bethanywomen.com)**

*Group meets Wednesdays from 10AM-noon. FREE*

## Support Groups

### **Breastfeeding Support Group Phoenix Baptist Hospital**

CPLC Women's Care Center  
2000 W. Bethany Home Road  
Phoenix, AZ 85015

**1-888-669-3444**

***www.abrazohealth.com/  
facilities/phoenix/home***

*Group meets Tuesdays from 10-11AM. FREE*

### **Breastfeeding Support Group West Valley Hospital**

Maternity Education Room  
2<sup>nd</sup> Floor

13677 W. McDowell Road  
Goodyear, AZ 85395

**1-888-669-3444**

***www.abrazohealth.com/  
facilities/westvalley/home***

*Group meets Wednesdays from 6:30-7:30P. Call to register. FREE*

### **Breastfeeding Support Group**

Thunderbird WIC Office  
5422 W. Thunderbird Road  
Glendale, AZ 85306

**(602) 993-5010**

**(602)506-9336 afterhours**

*Support group led by a trained breastfeeding peer counselor.*

*English-speaking group meets Thursdays from 9:30AM-10:30AM.*

*Spanish-speaking group meets Thursdays from 10:30AM-11:30AM. FREE*

### **Care1st Avondale Resource and Housing Center**

328 W. Western Ave.  
Avondale, AZ 85323

**(623) 333-2703**

***Depression and Support Alliance-*** *Support group for people suffering from depression on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays on the month at 5PM. FREE*

***Arizonans for the Protection of Sexually Exploited Children and Adults (APECA)-*** *Monthly support group for abuse survivors. Call the center for more information. FREE*

***New Life-*** *Domestic violence support group. Call the center for day/time. FREE*

### **Combat Veteran's Support Group**

77 E. Weldon Avenue Ste 100  
Phoenix, AZ 85012-2075

**(602) 640-2981**

*Peer support groups for veterans who were active duty military from World War II to current; 1:1 counseling; trauma counseling; grief support that includes families. FREE*

**(602) 263-8856**

*Offers the largest referral network in Maricopa County. Call to find resources. FREE*

## Support Groups

### Compassionate Friends Glendale

St. John the Baptist  
Episcopal Church  
4102 W. Union Hills Drive  
Glendale, AZ 85308  
**(623) 580-9885**

**[www.tcfphoenix.org](http://www.tcfphoenix.org)**

*Offers a discussion group for persons grieving over the loss of a parent, grandparent, or adult sibling. Groups are led by health care professionals. FREE*

### Domestic Violence Crisis Hotline (Toll-Free)

**1-866-205-5229**

*FREE*

### Foundation for Burns & Trauma, Inc.

333 West Virginia St., Suite 204  
Phoenix, AZ 85004  
**(602) 230-2041**

**[www.azburn.org](http://www.azburn.org)**

*Support group for burn survivors and their families/friends; emergency financial assistance; Ronald McDonald House for families needing housing close to the hospital; annual burn camp for youth over the age of six. FREE*

### Grief and Loss Support Group

Community Church of Joy  
21000 N. 75<sup>th</sup> Avenue  
Glendale, AZ 85308  
**(623) 561-0500**

### Emergency line:

**(866) 568-5859**

**[www.joyonline.org](http://www.joyonline.org)**

*Provides support groups for those who are grieving over the death of a loved one. FREE*

### Grief Recovery Program- Banner Hospice

Glendale & Sun City West

**(480) 503-9676**

*Offers a 12-week step-by-step process that assists adults in finding long-term relief from loss and resultant loneliness.*

*\$15 FOR MATERIALS*

### Healthcare Options in AZ portal

**[www.healthcare.gov](http://www.healthcare.gov)**

*Enter in basic information and the site will give you healthcare options in Arizona. FREE*

### HopeLine Suicide Hotline (National)—1-800-SUICIDE

*FREE*

### John C. Lincoln Health Center Stroke Support Group

**(623) 879-5765**

*FREE*

### John C. Lincoln Health Center Mended Hearts Support Group (Heart Attack Survivors)

**(623) 879-5765**

*FREE*

## Support Groups

### **Medicare Coverage Hotline-Lumetra**

**1-800-841-1602**

**[www.lumetra.com](http://www.lumetra.com)**

*24-hour helpline for learning more and Medicare coverage and rights. FREE*

### **Mental Health Arizona**

**(480) 994-4407**

**[www.mhaarizona.org](http://www.mhaarizona.org)**

*Support groups for people who suffer from anxiety disorders, depression, schizophrenia, and other disorders and their families; online depression screenings. FREE*

### **Mothers in Sympathy and Support (MISS)**

**(623) 979-1000**

**[www.missfoundation.org](http://www.missfoundation.org)**

*Grief groups for bereaved parents, children, grandparents, hospice workers, parents of infants who died as a result of SIDS, congenital defects, accident, etc. FREE*

### **Mothers Against Drunk Driving (MADD)**

2345 E. Thomas Road Suite 350  
Phoenix, AZ 85016

**(602) 234-1754**

**[www.madd.org/az](http://www.madd.org/az)**

*Emotional support for victims of drunk driving and their families, including a monthly support*

*group at the MADD office; community education campaigns to reduce drunk driving crashes. FREE*

### **Overeaters Anonymous**

**(602) 234-1195**

**[www.oaphoenix.org](http://www.oaphoenix.org)**

*12-step groups (Spanish and English) to begin the recovery process from compulsive overeating, anorexia, and bulimia. No weigh-ins. FREE*

### **Panic to Peace Anxiety and Phobia Support Group**

**(Northwest Valley locations)**

**(623) 628-3740**

**[www.PanicToPeace.com](http://www.PanicToPeace.com)**

*Support groups in the West Valley for people with Post Traumatic Stress Disorder; social phobias, panic disorders, and other anxiety disorders, but not appropriate for depressive disorders. The program is run by a US military veteran. FREE*

### **Parents, Families, and Friends of Lesbians and Gays**

**(602) 424-5710**

**[www.pflagphoenix.org](http://www.pflagphoenix.org)**

*Support groups for lesbian, gay, bisexual, transgender, and questioning individuals as well as their families and friends. FREE*

## Support Groups

**Phoenix Society for  
Burn Survivors, Inc**  
**1-800-888-2876**

***www.phoenix-society.org***

*Provides information, support,  
and education for burn survi-  
vors, their families, and profes-  
sions working with burn pa-  
tients; online chat; yearly Burn  
Conference; skills program to as-  
sist burn survivors how to deal  
with prejudice and rejection  
based on their appearance; link-  
age to assist in school re-entry  
and educational grants; training  
to those interested in volunteer-  
ing for work with burn victims.*  
**ANNUAL DUES**

**Poison Control Center  
(Banner)**  
**1-800-222-1222**  
**FREE**

**PTSD Support Group**  
Veteran's Hospital  
650 E. Indian School Road  
Phoenix, AZ 85012  
Room K-112  
(480) 994-4407  
Thursdays 6:00-8:00PM  
**FREE**

**RAINN Sexual Assault Hotline  
(National)**  
**1-800-656-HOPE**  
**FREE**

**Senior HELP LINE  
(Maricopa County)**  
**(602) 264-4357**  
**FREE**

**Sexual Assault Hotline  
(Maricopa County)**  
**(480) 736-4949**  
**FREE**

**Suicide/Crisis Hotline  
La Frontera Arizona EMPACT  
Suicide Prevention Center**  
**(480) 784-1500**  
**FREE**

**Survivors of Suicide  
La Frontera Arizona EMPACT  
Suicide Prevention Center**  
4425 West Olive, Ste. 120  
Glendale, AZ 85302  
**(480) 784-1514**  
**(480) 784-1500**  
***www.empact-spc.com***  
*Support group for those who have  
lost a family member/friend to  
suicide. FREE*

**Teen Lifeline, Inc**  
**800-248-8336**  
***www.teenlifeline.org***  
*24 hour crisis hotline; teen-  
staffed between 3-9PM. FREE*

**Value of Implementing  
Consumer Empowerment  
(VOICE)-Disability  
Information/Support Group**  
Glendale Public Library



## Support Groups

5959 W. Brown Street  
Glendale, AZ 85302  
**(602) 814-9717**

**[www.voice-az.com](http://www.voice-az.com)**

*Meets 2<sup>nd</sup> Tuesday of the month  
from 2-4PM. FREE*

### **Wellness Community of AZ**

360 East Palm Lane  
Phoenix, AZ 85004

**(602) 712-1006**

**[www.thewellnesscommunityaz.org](http://www.thewellnesscommunityaz.org)**

*Comprehensive support services  
for people with cancer such as  
support groups, educational  
workshops, nutritionist-led nutri-  
tion information, exercise and  
stress management classes, teen  
events, a support group for chil-  
dren ages 5-16 who have a family  
member with cancer and monthly  
cancer-specific networking sup-  
port groups. All services are pro-  
vided in a comfortable homelike  
setting. FREE*

## Transportation

**City of Phoenix  
Reserve-A-Ride  
(602) 262-4400**

*Transportation provided to peo-  
ple age 60 and older and certified  
disabled persons to senior cen-  
ters. Call two days in advance  
(Monday-Friday 8-11AM) to  
schedule a ride. FREE*

### **Dial-A-Ride**

El Mirage- **(623) 876-4223**

Glendale- **(602) 253-5000**

Maricopa County unincorporated ar-  
eas- (480) 924-6653 ext. 241

Peoria- **(623) 773-7435**

Sun Cities- **(623) 977-8363**

Surprise- **(623) 222-1622**

Wickenburg- **(602) 253-5000**

*Transportation for the elderly,  
disabled persons, and in some  
cases the general public to medi-  
cal, grocery, work, and other ap-  
pointments. The service is avail-  
able Monday-Friday. Service to  
many of the areas outside city  
limits has been eliminated- call  
24 hours in advance(480) 924-  
6653 ext. 241 for more informa-  
tion. \$3 per one-way ride. Sen-  
iors, children up to age 12, and  
people with disabilities pay \$1  
Outlying areas of Maricopa may  
pay more.*

**Travis L. Williams Family  
Services Center  
(602) 534-4732**

*Bus passes for Valley Metro to  
medical appointments or work.  
FREE*

## Volunteer Work

### Arizona Clean and Beautiful

2127 S. Priest Drive

Tempe, AZ 85282

**(480) 751-1122**

[www.arizonacleanandbeautiful.org](http://www.arizonacleanandbeautiful.org)

*Volunteers (families and individuals) are needed for environmental clean-up in areas inside Maricopa County as well as other counties in Arizona. FREE*

### Hands On

#### Greater Phoenix Area

5151 N. 19<sup>th</sup> Ave. Ste. 200

Phoenix, AZ 85015-3200

**(602) 973-2212**

[www.handsonphoenix.org](http://www.handsonphoenix.org)

*Organization that matches up adults and families with volunteer projects according to the interest/skills of the volunteer. FREE*

### Lifebridge Community Alliance

7510 N. 27<sup>th</sup> Avenue

Phoenix, AZ 85051

**(602) 995-2933**

[www.lifebridgeaz.org](http://www.lifebridgeaz.org)

*Community Volunteer Center trains and matches volunteers for service work in the community. FREE*

### Not My Kid, Inc

2211 N. Highland Ave., Suite 140

Phoenix, AZ 85016

**(602) 652-0163**

[www.notmykid.org](http://www.notmykid.org)

*Volunteer and leadership pro-*

*grams for youth and teens related to the prevention and treatment of addictions and mental health problems in youth. The Teen Advisory Board conducts leadership training and participates in community service projects. Clear Choices is a program for teens facilitated by teens who have survived chemical dependency, depression, and other behavioral health challenges. FREE*

### Peer Allies

**(602) 705-1416**

[www.peerallies.org](http://www.peerallies.org)

*Youth network that connects student volunteers to Valley schools in order to work toward prevention of bullying and bias. FREE*

### Phoenix Fire Department

**(602) 534-4488**

[phx.gov/fire/cadet](http://phx.gov/fire/cadet)

*Volunteer opportunities for youth age 16 and older to experience many aspects of the career as a firefighter including emergency medical training, fire station work, skills to fight fires, and community service projects. CALL FOR COST*

### Retired and Senior Volunteer Program (RSVP)

**(602) 264-2255**

[www.aaaphx.org/main/rsvp](http://www.aaaphx.org/main/rsvp)

*Arranges volunteer opportunities for seniors in non-profit, public,*

## Volunteer Work

*and community organizations, focusing on a good match between the talents of the senior and the needs of the agency. Mileage reimbursement if requested; liability coverage free of charge. FREE*

## Wellness

### Arizona Outdoor Adventures

PO Box 37982

Phoenix, AZ 85069-7982

(602) 448-6996

**[www.azoutdooradventures.org](http://www.azoutdooradventures.org)**

*Camping for youth ages 8-14 with fishing, backpacking, and outdoor cooking. FREE*

### Arizona State Parks

1300 W. Washington St.

Phoenix, AZ 85007-2995

(602) 542-4174

**[www.azstateparks.com](http://www.azstateparks.com)**

*Maintains 27 state parks and provides information including directions to the parks. PARKING COSTS \$5-6*

### Community Nutrition

#### Maricopa County

#### Public Health

**(602) 506-9333**

*Offers registered dietitians as consultants for community groups/programs with information focused on nutrition and disease prevention. FREE*

### Deer Valley Rock Art Center

3711 W. Deer Valley Rd.

Glendale, AZ 85308-2038

**(623) 582-8007**

**[www.dvrac.asu.edu](http://www.dvrac.asu.edu)**

*ASU offers guided tours of the petroglyph trail as well as the museum. Reservations are required. Self-guided tours are also available. CALL FOR COST*

## Wellness

**Dysart Community Center**

14414 North El Mirage Road  
El Mirage, AZ 85335-2909

**(623) 583-0016**

*Comprehensive youth recreation, socialization, and sports programs. FREE \$10/yearly for National dues and fees for some of the activities.*

**Glendale Parks & Recreation**

5850 W. Glendale Avenue  
Glendale, AZ 85301

**(623) 930-2820**

**[www.glendaleaz.com](http://www.glendaleaz.com)**

*Offers a variety of educational and recreational programs for children and adults. CALL FOR COST*

**Glendale Public Libraries**

(Call for nearest branch)

**(623) 930-3530**

*Children's story hour. FREE*

**Goodyear Recreation Division**

3075 N. Litchfield Park Road  
Goodyear, AZ 85338

**(623) 882-7525**

*Offers educational and recreational activities for children and adults, including city pools. CALL FOR COST*

**Golden Gate Center**

1625 N. 39<sup>th</sup> Ave  
Phoenix, AZ 85009

**(602) 233-0017**

**[www.goldengatecenter.org](http://www.goldengatecenter.org)**

*Free nutrition classes, fitness and recreation for children and adults. CALL FOR COST*

**JAG Youth Center  
(Juvenile Alternatives  
in Glendale)**

8581 N. 61<sup>st</sup> Avenue Suite A  
Glendale, AZ 85302-5493

**(623) 847-7040**

*At-risk youth gang diversion program for youth in Glendale. FREE*

**Maricopa County  
Parks & Recreation  
(602) 506-2930**

**[www.maricopa.gov/parks](http://www.maricopa.gov/parks)**

*One of the largest regional park systems in the United States for hiking, running and biking. CALL FOR COST*

**Maricopa Workforce  
Connections—Career  
Development Center-  
West Valley**

1840 N. 95<sup>th</sup> Avenue Suite 160  
Phoenix, AZ 85037

**(602) 372-4200**

*Summer jobs program available for youth 14-24 that includes job seeking skills, resume writing, interviewing skills, and up to 200 hours paid employment. FREE*

## Wellness

### Meetup

**[www.meetup.com](http://www.meetup.com)**

*Thousands of organized special-interest groups (hiking, cooking, volunteer, sports) for individuals and families. FREE AND LOW-COST ACTIVITIES*

### Native Health

**Native American Community Health Center, Inc.**

4250 North Central Avenue  
3rd Floor

Phoenix, AZ 85012-3020

**(602) 279-5262**

2423 West Dunlap

Phoenix, Arizona 85021

**(602) 279-5351**

**[www.nativehealthphoenix.org](http://www.nativehealthphoenix.org)**

*Living Well Traditionally Youth Diabetes Camp CALL FOR COST*

### Peoria Parks and Recreation

**(623) 773-7137**

*Good adaptive recreation program. CALL FOR COST*

### Phoenix Afterschool and Summer Recreation Program

**(602) 261-8081**

**<http://phoenix.gov/PAC>**

*After-school recreation program for school-age children throughout Phoenix.*

*CALL FOR COST*

### Phoenix Parks and Recreation

**(602) 262-6862**

**[www.phoenix.gov/parks](http://www.phoenix.gov/parks)**

*Recreation, play, self development, etc. throughout Phoenix neighborhoods and communities. CALL FOR COST*

### Phoenix Parks & Recreation Department, Pools

**SWIM info line:**

**(602)262-6541**

**[www.phoenix.gov/SPORTS/pools.html](http://www.phoenix.gov/SPORTS/pools.html)**

*CALL FOR COST*

### Safe Routes to School

4041 N. Central Ave.

Phoenix, AZ 85012

**(602) 506-6860**

*Schools are offered a program that focuses on enhancing the safety of children walking to school and encouraging more children to walk and ride to school. Events include: Safety Nights, Walking School Buses, Bike Trains, and Bike Rodeos. FREE*

### Safety, Nutrition, Activity and Care for Kids (SNACK)

**(602) 506-6850**

*Northwest Valley child care centers in select zip codes are eligible for trainings for children birth to five to encourage increased physical activity and good nutrition. A bilingual social worker is available for locating health care and other resources. One-hour child care*



## Wellness

*seat trainings are organized for caregivers and participants are eligible to receive a car seat. FREE*

### **Surprise Parks & Recreation (623) 222-2000**

*Recreation, play, self development, etc. throughout Phoenix neighborhoods and communities. CALL FOR COST*

### **United States National Park Service (602) 640-5250**

*[www.nps.gov/state/az](http://www.nps.gov/state/az)  
Administers campground reservations, National Park passes, and information regarding the country's National Parks system. FREE*

### **Valley of the Sun YMCA (Locations Valleywide) (602) 404-9622**

*[www.valleyymca.org](http://www.valleyymca.org)  
Provides comprehensive active living programs and facilities for all ages, membership open to everyone regardless of their ability to pay; youth behavioral modification programs; Teen Court; camping; child care; prevention programs for teens against drugs, gangs, and violence; health and physical education classes; transitional housing; social development groups. Call for Cost*

### **West Valley Youth Orchestra**

PO Box 206  
Litchfield Park, AZ 85340  
**693-1359**

**[www.wvyo.org](http://www.wvyo.org)**

*Provides the opportunity for talented youth musicians in grades 3-12 to practice and perform in the West Valley Youth Orchestra events in order to increase their music-playing ability. CALL FOR COST*

### **Women Together for Health**

4041 N. Central Avenue  
Phoenix, AZ 85012

*Women between the childbearing ages of 18-44 are offered a multi-week interactive group that addresses proper nutrition, healthy weight, physical activity, stress management, and tobacco use. FREE*

## Youth Leadership and Recreation Activities

**1n10**  
**(602) 475-7456**  
**[www.1n10.org](http://www.1n10.org)**

*Offers activities and a safe environment to lesbian, gay, bisexual, transgender, and questioning youth between the ages of 14-22. The group encourages positive self-acceptance, healthy living, social networking, and leadership skills. Discussion groups are conducted, and volunteers in a supervised setting may work with youth 1:1. FREE*

**Aguila Youth Leadership Institute**  
3030 N. 3<sup>rd</sup> Street Suite 970  
Phoenix, AZ 85012  
**(602) 518-0612**  
**[www.aguilayouth.org](http://www.aguilayouth.org)**

*Comprehensive leadership program for primarily Latino high school students (other ethnicities can be accepted). Program emphasizes college preparation and youth from all over the Valley are eligible; 150-200 participants currently. FREE*

**Anytown Arizona**  
99 E. Virginia Ave. Ste. 150  
Phoenix, AZ 85004-1123  
**(602) 265-9256 or**  
**(602) 212-6193**  
**[www.anytownarizona.org](http://www.anytownarizona.org)**  
*Anytown offers a one-week summer camp to educate youth on cultural diversity and healthy re-*

*lationships. Financial aid is available. SLIDING SCALE*

**Big Brothers/Big Sisters of Central Arizona**  
1010 E. McDowell Road #116  
Phoenix, AZ 85006-1266  
**(602) 264-2447**  
**[www.bbbsaz.org](http://www.bbbsaz.org)**

*Offers mentors for children in single-parent families. There is a waiting list for boys. Girls are served more quickly due to more female adult volunteers. FREE*

**Boy Scouts of America, Grand Canyon Council**  
2969 N. Greenfield Road  
Phoenix, AZ 85016  
**(602) 955-7747**  
**[www.grandcanyonbsa.org](http://www.grandcanyonbsa.org)**  
*Program for boys ages 7-18 that emphasize character-building, leadership, physical fitness, and citizenship; program for young men and women ages 14-21 with career-focused activities and adventure activities. CALL FOR COST*

**Boys and Girls Clubs of Metropolitan Phoenix**  
(Locations Valleywide)  
**(602) 954-8182**  
**[www.bgcmp.org](http://www.bgcmp.org)**  
*After-school recreation/learning programs for children that emphasize responsible citizenship. CALL FOR COST*

## Youth Leadership and Recreation Activities

### **Camp Fire Boys and Girls**

2345 E. Thomas Road Suite 400  
Phoenix, AZ 85016

**(602) 954-7544**

**[www.campfireaz.org](http://www.campfireaz.org)**

*Co-ed youth development programs that encourage confidence, social skills, leadership, and service. CALL FOR COST*

### **Girl Scouts-Arizona Cactus Pine Council, Inc.**

**(602) 253-6359**

**[www.girlscoutsaz.org](http://www.girlscoutsaz.org)**

*Scouting troops that encourage girls ages 5-17 to increase self-esteem/reliance, experience adventure opportunities such as camping and travel, and prepare for the future. \$10/yearly for National dues and fees for some of the activities.*

### **Lifebridge Community Alliance**

7510 N. 27<sup>th</sup> Avenue  
Phoenix, AZ 85051

**(602) 995-2933**

**[www.lifebridgeaz.org](http://www.lifebridgeaz.org)**

*Youth leadership clubs; sports camps; tutoring; art programs. CALL FOR COST*

### **Not My Kid, Inc**

2211 N. Highland Ave., Suite 140  
Phoenix, AZ 85016

**(602) 652-0163**

**[www.notmykid.org](http://www.notmykid.org)**

*Volunteer and leadership programs for youth and teens re-*

*lated to the prevention and treatment of addictions and mental health problems in youth. The Teen Advisory Board conducts leadership training and participates in community service projects. Clear Choices is a program for teens facilitated by teens who have survived chemical dependency, depression, and other behavioral health challenges. FREE*

### **Rosie's House: A Music Academy for Children**

1875 N. Central Avenue  
Phoenix, AZ 85004

**(602) 252-8475**

**[www.rosieshouse.org](http://www.rosieshouse.org)**

*Year-round music academy with professional instruction for low-income inner-city children between the ages of 5-18 who have a serious interest in music; HUD income guidelines (ex. Family of four earning under \$34,650 would qualify). FREE*

### **Valle Del Sol**

1209 S. 1<sup>st</sup> Avenue  
Phoenix, AZ 85003

**(602) 258-6797**

**[www.valledelsol.com](http://www.valledelsol.com)**

*Youth Leadership Training program. CALL FOR COST*

### **Valley Leadership Institute-Teen Leadership**

4020 N. 20<sup>th</sup> Street Suite 202  
Phoenix, AZ 85016

## Youth Leadership and Recreation Activities

**(602) 952-6760**

**[www.valleyleadership.org](http://www.valleyleadership.org)**

*Offers high school sophomores and juniors Valleywide a program to develop leadership skills and knowledge of community needs. FREE*

### **West Valley Youth Orchestra**

PO Box 206

Litchfield Park, AZ 85340

**693-1359**

**[www.wvyo.org](http://www.wvyo.org)**

*Provides the opportunity for talented youth musicians in grades 3-12 to practice and perform in the West Valley Youth Orchestra events in order to increase their music-playing ability. CALL FOR COST*